

An Online Tool for Showing Kids Their Brilliance



TREEHOUSE

The third best thing in education

Secondary Two

Planning and Preparation Toolkit



Secondary Two

An explanation of what being an ally is and why it is important to the LGBT community and others.

Resources Required | Writing Resources

I understand that people can feel alone and can be misunderstood and left out by others. I am learning how to give appropriate support.

Additional Es &Os: SOC 3-04a/4-04a

HWB 3-08a/4-08a

Key Themes

-  Allyship
-  Prejudice
-  Hate Crime



Wellbeing Indicator

-  Included
-  Respected
-  Responsible



Meta Skills

SELF-MANAGEMENT:
Manage the now


Focusing

-  Sorting
-  Attention

Integrity



-  Self-control
-  Ethics

Adapting


-  Openness

SOCIAL INTELLIGENCE:
Connect with the world

Communicating


-  Receiving Information
-  Giving Information

Feeling


-  Social Conscience

INNOVATION:
Create our own change

Curiosity

-  Information-sourcing

Sense-making

-  Holistic Thinking

Be More Hilary



Secondary Two

The world is a busy place, and these days so are our heads. Let's take some time to stop and reflect on just what/who matters most and why.

Resources Required | Writing Resources

I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.

HWB 3-04a/4-04a

Key Themes

- 🌿 Values
- 🌿 Priorities
- 🌿 Focus

Wellbeing Indicator

- 🌿 Responsible
- 🌿 Healthy

Meta Skills

SELF-MANAGEMENT:
Manage the now

Focusing

- 🌿 Sorting

Integrity

- 🌿 Self-awareness
- 🌿 Ethics

SOCIAL INTELLIGENCE:
Connect with the world

Leading

- 🌿 Inspiring Others
- 🌿 Motivating Others

INNOVATION:
Create our own change

Curiosity

- 🌿 Observation

Sense-making

- 🌿 Opportunity Recognition
- 🌿 Analysis

Choices Choices



Secondary Two

Just why do we want to do certain things when we grow up? Is it money? Fame? Success? Or simply because it lights a fire in your belly? Let's explore career options and find out what the dream job really entails!

Resources Required | n/a

I am developing the skills and attributes which I will need for learning, life and work. I am gaining understanding of the relevance of my current learning to future opportunities. This is helping me to make informed choices about my life and learning.

HWB 3-19a

Key Themes

- Career Planning
- Attributes
- Skills

Wellbeing Indicator

- Responsible
- Achieving

Meta Skills

SELF-MANAGEMENT:
Manage the now

Focusing

- Sorting

Adapting

- Critical Reflection

SOCIAL INTELLIGENCE:
Connect with the world

Communicating

- Receiving Information
- Listening

INNOVATION:
Create our own change

Curiosity

- Information-sourcing
- Questioning

Emotional Intelligence And Stress



Secondary Two



Us humans love to pretend that we are in control of ourselves. But when it comes down to it, each and every one of us are a walking talking cocktail of chemical reactions. Sometimes we feel great, sometimes not so much – the only thing that stays the same is change.

Resources Required | Writing Resources



I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.

HWB 3-02a/4-02a

Key Themes

-  Emotional Intelligence
-  Stress



Wellbeing Indicator

-  Healthy
-  Responsible

Meta Skills



SELF-MANAGEMENT:
Manage the now

Integrity

-  Self-awareness
-  Self-control



SOCIAL INTELLIGENCE:
Connect with the world

Feeling

-  Empathy
-  Social Conscience

INNOVATION:
Create our own change

Sense-making

-  Pattern Recognition
-  Holistic Thinking

Grow Up To Show Up



Secondary Two

The early years of high school can be a daunting time for everyone due to physical changes our bodies go through. Whilst we can't control those changes, it can impact our body language – something that we can control.

Resources Required | Writing Resources

I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health.

HWB 3-15a/4-15a

Key Themes

- Physical Development
- Body Language
- Body Confidence

Wellbeing Indicator

- Healthy
- Included
- Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Integrity

- Self-awareness

Adapting

- Adaptability

Initiative

- Self-belief

SOCIAL INTELLIGENCE:
Connect with the world

Feeling

- Empathy

INNOVATION:
Create our own change

Sense-Making

- Holistic Thinking

Critical Thinking

- Logical Thinking

Tear and Share



Secondary Two

Sometimes life can throw all sorts of weird and embarrassing moments at us that leave us feeling awkward and angry. But with the right mindset we can look back, embrace it and even laugh about it!

Resources Required | n/a

I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.

HWB 3-04a/4-04a

Key Themes

- Feelings
- Confidence
- Kindness

Wellbeing Indicator

- Respected
- Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Integrity

- Self-awareness
- Ethics
- Self-control

SOCIAL INTELLIGENCE:
Connect with the world

Collaborating

- Relationship Building
- Social Perceptiveness

INNOVATION:
Create our own change

Sense-making

- Holistic Thinking

Critical Thinking

- Logical Thinking

The Fable Of The Fox And The Lion



Secondary Two




It can be easy to settle into a rhythm during school. This rhythm, however, needs to playing a reasonable beat otherwise things become slow and predictable. This module explores how we can pick up the pace when this starts to happen.

Resources Required | Writing Resources



I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others.

HWB 3-11a/4-11a

Key Themes

-  Effort
-  Mindset
-  Challenges


Wellbeing Indicator

-  Achieving
-  Responsible



Meta Skills

SELF-MANAGEMENT:
Manage the now

Adapting


-  Openness

Initiative

-  Self-motivation
-  Responsibility

SOCIAL INTELLIGENCE:
Connect with the world

Communicating


-  Giving Information

Leading

-  Change Catalyst

INNOVATION:
Create our own change

Creativity

-  Visualising

Critical Thinking

-  Deconstruction

The Good, The Bad & The Silly



Secondary Two


Stress is one of life's big challenges that we will all have to wrestle with now and then. As with anything though, arming yourself with knowledge of how and why it arises will stand you in a much better position to take it on.

Resources Required | Writing Resources


I understand that my feelings and reactions can change depending upon what is happening within and around me. This helps me to understand my own behaviour and the way others behave.

HWB 3-04a/4-04a

Key Themes

 Stress


Wellbeing Indicator

 Healthy
 Responsible
 Active


Meta Skills

SELF-MANAGEMENT:
Manage the now

Integrity

 Self-control

Adapting


 Resilience

SOCIAL INTELLIGENCE:
Connect with the world

Collaborating


 Social Perceptiveness

Leading


 Change Catalyst

INNOVATION:
Create our own change

Curiosity

 Observation

Critical Thinking

 Deconstruction
















The Importance of Consent



Secondary Two

Discuss the importance of consent in our relationships with each other.

Resources Required | n/a

I recognise that power can exist within relationships and can be used positively as well as negatively.		
		Additional Es &Os: HWB 3-44a
		HWB 3-09a/4-09a
Key Themes		Wellbeing Indicator
<ul style="list-style-type: none">  Consent  Choice  Relationships 		<ul style="list-style-type: none">  Safe  Respected  Responsible
Meta Skills		
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change
<p>Focusing</p> <ul style="list-style-type: none">  Attention <p>Integrity</p> <ul style="list-style-type: none">  Ethics <p>Initiative</p> <ul style="list-style-type: none">  Independent Thinking 	<p>Communicating</p> <ul style="list-style-type: none">  Listening  Giving Information <p>Feeling</p> <ul style="list-style-type: none">  Social Conscience 	<p>Curiosity</p> <ul style="list-style-type: none">  Problem Recognition  Questioning <p>Sense-making</p> <ul style="list-style-type: none">  Holistic Thinking

The Sun Lounger Principle



Secondary Two

Sometimes in life we can end up pouring all our energy into the wrong things. It's time to consider what would happen if we were to shift our thinking and focus our energy on the things that really matter!

Resources Required | Writing Resources

I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others.

HWB 3-11/4-11a

Key Themes

- Mindset
- Focus
- Priorities

Wellbeing Indicator

- Achieving
- Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Focusing

- Attention

Adapting

- Openness

Initiative

- Self-motivation

SOCIAL INTELLIGENCE:
Connect with the world

Leading

- Change Catalyst

INNOVATION:

Create our own change

Creativity

- Visualising
- Maker Mentality

What is Unconscious Bias?



Secondary Two

The second of six secondary lessons focusing on Race. This lesson explores the concept of unconscious bias and how to tackle it.




Resources Required | n/a

I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.




Additional Es &Os: SOC 3-16a, SOC 3-17b

HWB 3-02a/4-02a

Key Themes

-  Racism
-  Attitudes
-  Stephen Lawrence

Wellbeing Indicator

-  Included
-  Respected
-  Responsible


Meta Skills

SELF-MANAGEMENT:
Manage the now


Focusing

-  Attention

Integrity




-  Ethics

Initiative

-  Independent Thinking

SOCIAL INTELLIGENCE:
Connect with the world

Communicating



-  Receiving Information
-  Listening
-  Giving Information

Feeling


-  Social Conscience

INNOVATION:
Create our own change

Curiosity

-  Information-sourcing
-  Problem Recognition

Sense-Making

-  Holistic Thinking

What Would You Do?



Secondary Two

Often we don't know how much we value life until something changes, or someone threatens to take something away from us. How we choose to think about things really does matter and occasionally it's healthy to remind ourselves of just what's important.

Resources Required | n/a

I understand that there are people I can talk to and that there are a number of ways in which I can gain access to practical and emotional support to help me and others in a range of circumstances.

HWB 3-03a/4-03a

Key Themes

- Mindset
- Bravery
- Relationships

Wellbeing Indicator

- Nurtured
- Healthy
- Responsible

Meta Skills

SELF-MANAGEMENT:
Manage the now

Adapting

- Critical Reflection
- Resilience

SOCIAL INTELLIGENCE:
Connect with the world

Communicating

- Giving Information

Feeling

- Social Conscience

INNOVATION:
Create our own change

Creativity

- Imagination
- Visualising

Why Feeling Bad Is Good For Us



Secondary Two

It is very important to be able to recognise how we are feeling, and why, as we grow older. This lesson discusses how pupils can better verbalise their emotions.

Resources Required | Writing Resources

I am aware of and able to express my feelings and am developing the ability to talk about them.

HWB 3-01a/4-01a

Key Themes

- Self Awareness
- Self Regulation
- Relationships

Wellbeing Indicator

- Healthy
- Responsible
- Nurtured

Meta Skills

SELF-MANAGEMENT:
Manage the now

Integrity

- Self-awareness
- Self-control

SOCIAL INTELLIGENCE:
Connect with the world

Feeling

- Empathy

Collaborating

- Social Perceptiveness

INNOVATION:
Create our own change

Sense-making

- Holistic Thinking
- Analysis



Secondary Two




Maybe you're more of a dog or a cat person, but for this module we're going to introduce you to a brand new pet of yours. A pet that's actually been with you for quite a while, and doesn't seem to be going anywhere anytime soon.

Resources Required | Writing Resources



I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them.

HWB 3-02a/4-02a

Key Themes

-  Gratification
-  Self Regulation
-  Emotional Intelligence



Wellbeing Indicator

-  Healthy
-  Responsible



Meta Skills

SELF-MANAGEMENT:
Manage the now

Adapting



-  Critical Reflection
-  Adaptability

Integrity

-  Self-awareness
-  Self-control



SOCIAL INTELLIGENCE:
Connect with the world

Communicating


-  Receiving Information
-  Giving Information

INNOVATION:
Create our own change

Sense-making

-  Holistic Thinking
-  Analysis

Critical Thinking

-  Deconstruction



full tool kit

COMING SOON

treeof.com