An Online Tool for Showing Kids Their Brilliance

TREHDUSE

The third best thing in education

Secondary Five

Planning and Preparation Toolkit

Be Prepared!



Secondary Five

Rightly or wrongly, taking part in an interview can be nerve-wracking. Just the word "interview" can make people quake in their boots. There any many things you can't predict but there is a lot you can prepare for.

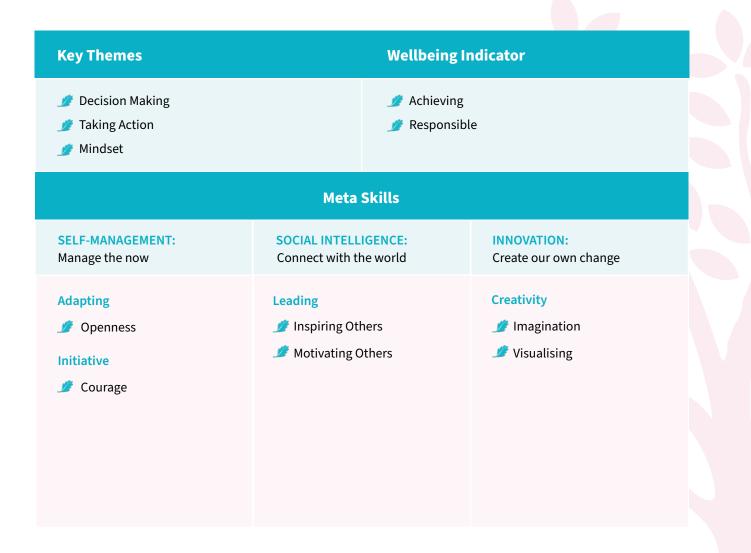


Birds On A Washing Line



Secondary Five

Just why are some people more successful than others? Is it luck, or is it just good old effort and selfbelief.



Boys will be Boys and Toxic Masculinity



Secondary Five

Why toxic masculinity is such a problem and why challenging the view that 'boys will be boys' is so important for all.



Fee-Fi-Fo-Fum



Secondary Five

We're all scared of something and sometimes it gets in the way of truly living. Time to be brave!



Hate Crimes



Secondary Five

What is a Hate Crime? This lesson defines the term and how it affects LGBT people in Scotland, the UK and round the world.

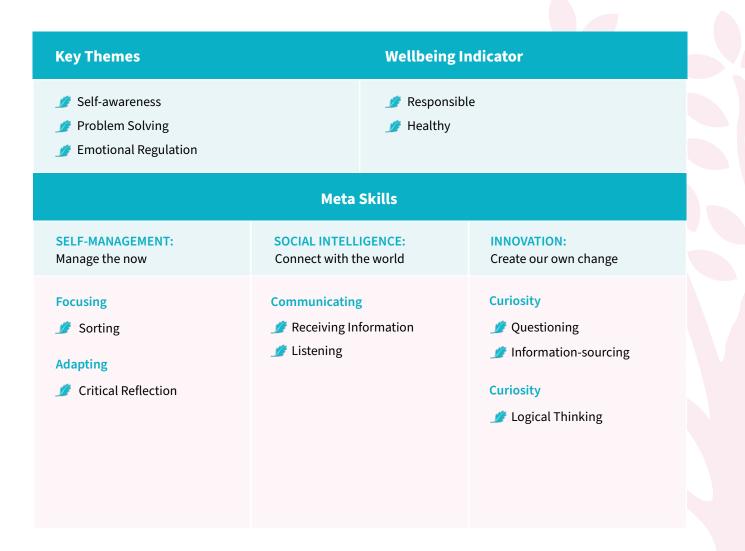


Illusions & Conclusions



Secondary Five

You've seen people do the high jump before. And the long jump. And maybe even the triple jump. But if there was an Olympic event dedicated to jumping to conclusions, then your brain would be right up there with the best of the best, potentially even the gold medal winner!



It Was(n't) Me



Secondary Five

From a young age, whenever things don't go well, we often point the finger at someone or something else. Many of us appear to have an in-built blame shield. It's often easier to blame others but is this good for us? Does it help us grow and develop?



It's All About You



Secondary Five

Just how will you keep yourself motivated and energised at this important time? The end is in sight, time to dig deep!



Laughter



Secondary Five

Laughter is one of the greatest feelings in the world yet as we get older we do it less and less. It's time to get back in touch with that sense of humour.



Meet Ben



Secondary Five

Ben has had a very rocky journey to where he is today. He has made some difficult decisions, made important promises, been inspired by lego and shown true grit along the way.



Meet Rimsha



Secondary Five

We caught up with Rimsha, who has just landed her first job as a Continuous Improvement Technician. She shares her experiences of school, racism and exam stress and its impact on her as she worked toward her future career.





Secondary Five

There's so much more to play than meets the eye. Turns out we need it in order to live!



Superhero vs Sidekick



Secondary Five

We're told not all superheroes wear capes, but do all heroes really need to be super?

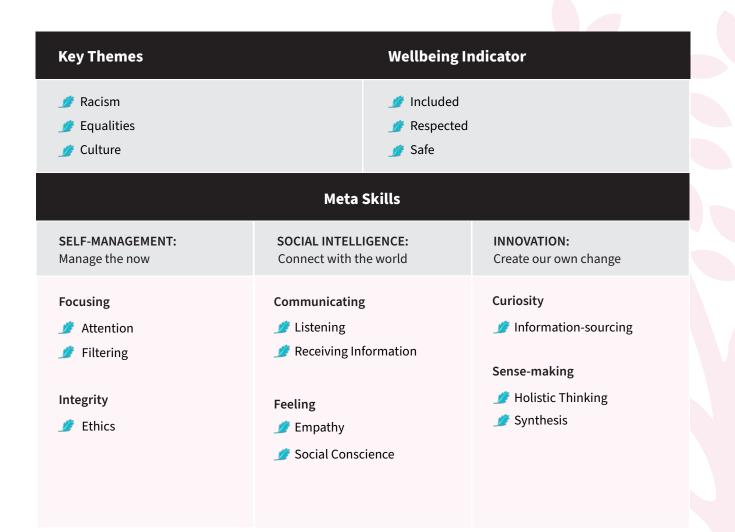


Systemic Racism and BLM



Secondary Five

Explore the meaning of systemic racism, what this means and how it has entered common discourse after recent events in both the US and the UK. Exploring how the BLM movement seeks to expose systemic racism and its roots in British society.



The Great Jigsaw of Life



Secondary Five

Not many stop to really think about why they're here and what they want out of life. Let's put some of the pieces together now!



The Superpower of Single-Tasking

Secondary Five

It's a busy world out there. There's lots happening and it seems like everyone has an endless 'to-do' list. It can be a bit overwhelming at times. Best that you arm yourself with a superpower that you rarely see these days.



The Warm



Secondary Five

We've all had the common cold before, it's catching. What about the less common warm?



You Are What You Think



Secondary Five

They say thoughts become things, so with big decisions coming down the line, this module challenges users to really think about how they think!



full tool kit COMING SOON

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