

An Online Tool for Showing Kids Their Brilliance



# TREEHOUSE

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 are many things you can’t predict but there is a lot you can prepare for.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Interview Preparation</li><li>Career Planning</li><li>Confidence</li></ul>		<ul style="list-style-type: none"><li>Achieving</li><li>Responsible</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<b>Focusing</b> <ul style="list-style-type: none"><li>Attention</li></ul> <b>Integrity</b> <ul style="list-style-type: none"><li>Self-awareness</li></ul>	<b>Communicating</b> <ul style="list-style-type: none"><li>Giving Information</li><li>Listening</li></ul>	<b>Creativity</b> <ul style="list-style-type: none"><li>Imagination</li><li>Idea Generation</li></ul>	

# 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 self-belief.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Decision Making</li><li>Taking Action</li><li>Mindset</li></ul>		<ul style="list-style-type: none"><li>Achieving</li><li>Responsible</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<p><b>Adapting</b></p> <ul style="list-style-type: none"><li>Openness</li></ul> <p><b>Initiative</b></p> <ul style="list-style-type: none"><li>Courage</li></ul>	<p><b>Leading</b></p> <ul style="list-style-type: none"><li>Inspiring Others</li><li>Motivating Others</li></ul>	<p><b>Creativity</b></p> <ul style="list-style-type: none"><li>Imagination</li><li>Visualising</li></ul>	

# 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.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Mental Health</li><li>Masculinity</li><li>Change</li></ul>		<ul style="list-style-type: none"><li>Healthy</li><li>Safe</li><li>Nurtured</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<b>Focusing</b> <ul style="list-style-type: none"><li>Attention</li><li>Filtering</li></ul> <b>Integrity</b> <ul style="list-style-type: none"><li>Self-awareness</li><li>Ethics</li></ul>	<b>Communicating</b> <ul style="list-style-type: none"><li>Listening</li><li>Storytelling</li></ul> <b>Feeling</b> <ul style="list-style-type: none"><li>Empathy</li></ul>	<b>Creativity</b> <ul style="list-style-type: none"><li>Idea Generation</li><li>Maker Mentality</li></ul>	

# 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!*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Bravery</li><li>Wellbeing</li><li>Resilience</li></ul>			
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<b>Initiative</b> <ul style="list-style-type: none"><li>Courage</li><li>Independent Thinking</li><li>Risk-taking</li><li>Self-belief</li></ul>	<b>Feeling</b> <ul style="list-style-type: none"><li>Empathy</li></ul> <b>Communicating</b> <ul style="list-style-type: none"><li>Listening</li></ul>	<b>Sense-making</b> <ul style="list-style-type: none"><li>Holistic Thinking</li></ul> <b>Critical Thinking</b> <ul style="list-style-type: none"><li>Deconstruction</li></ul>	

# 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.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>LGBT</li><li>Law</li><li>Allyship</li></ul>		<ul style="list-style-type: none"><li>Safe</li><li>Respected</li><li>Included</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<b>Focusing</b> <ul style="list-style-type: none"><li>Attention</li><li>Filtering</li></ul> <b>Integrity</b> <ul style="list-style-type: none"><li>Self-awareness</li><li>Ethics</li></ul>	<b>Communicating</b> <ul style="list-style-type: none"><li>Listening</li></ul> <b>Feeling</b> <ul style="list-style-type: none"><li>Empathy</li></ul>	<b>Sense-making</b> <ul style="list-style-type: none"><li>Holistic Thinking</li></ul> <b>Curiosity</b> <ul style="list-style-type: none"><li>Problem Recognition</li></ul>	

# 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!*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Self-awareness</li><li>Problem Solving</li><li>Emotional Regulation</li></ul>		<ul style="list-style-type: none"><li>Responsible</li><li>Healthy</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<p><b>Focusing</b></p> <ul style="list-style-type: none"><li>Sorting</li></ul> <p><b>Adapting</b></p> <ul style="list-style-type: none"><li>Critical Reflection</li></ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"><li>Receiving Information</li><li>Listening</li></ul>	<p><b>Curiosity</b></p> <ul style="list-style-type: none"><li>Questioning</li><li>Information-sourcing</li></ul> <p><b>Curiosity</b></p> <ul style="list-style-type: none"><li>Logical Thinking</li></ul>	

# 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?*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Ownership</li><li>Responsibility</li><li>Leadership</li></ul>		<ul style="list-style-type: none"><li>Responsible</li><li>Achieving</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<p><b>Integrity</b></p> <ul style="list-style-type: none"><li>Self-awareness</li></ul> <p><b>Adapting</b></p> <ul style="list-style-type: none"><li>Critical Reflection</li><li>Responsibility</li></ul>	<p><b>Feeling</b></p> <ul style="list-style-type: none"><li>Social Conscience</li><li>Change Catalyst</li></ul>	<p><b>Critical Thinking</b></p> <ul style="list-style-type: none"><li>Deconstruction</li><li>Logical Thinking</li></ul>	



# 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!*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Strengths</li><li>Goal-setting</li><li>Motivation</li></ul>		<ul style="list-style-type: none"><li>Achieving</li><li>Responsible</li><li>Healthy</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<p><b>Integrity</b></p> <ul style="list-style-type: none"><li>Self-awareness</li></ul> <p><b>Adapting</b></p> <ul style="list-style-type: none"><li>Openness</li></ul> <p><b>Initiative</b></p> <ul style="list-style-type: none"><li>Courage</li><li>Risk-taking</li></ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"><li>Giving Information</li><li>Storytelling</li></ul>	<p><b>Curiosity</b></p> <ul style="list-style-type: none"><li>Questioning</li></ul> <p><b>Creativity</b></p> <ul style="list-style-type: none"><li>Visualising</li></ul> <p><b>Sense-making</b></p> <ul style="list-style-type: none"><li>Opportunity Recognition</li></ul>	

# 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.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>🌿 Happiness</li><li>🌿 Mental Health</li><li>🌿 Humour</li></ul>		<ul style="list-style-type: none"><li>🌿 Healthy</li><li>🌿 Nurtured</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<p><b>Integrity</b></p> <ul style="list-style-type: none"><li>🌿 Ethics</li></ul> <p><b>Adapting</b></p> <ul style="list-style-type: none"><li>🌿 Critical Reflection</li></ul>	<p><b>Leading</b></p> <ul style="list-style-type: none"><li>🌿 Inspiring Others</li><li>🌿 Motivating Others</li></ul>	<p><b>Creativity</b></p> <ul style="list-style-type: none"><li>🌿 Imagination</li><li>🌿 Idea Generation</li></ul>	

# 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.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>🌿 Grit</li><li>🌿 Mental Health</li></ul>		<ul style="list-style-type: none"><li>🌿 Responsible</li><li>🌿 Healthy</li><li>🌿 Achieving</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<b>Integrity</b> <ul style="list-style-type: none"><li>🌿 Self-awareness</li></ul> <b>Adapting</b> <ul style="list-style-type: none"><li>🌿 Openness</li><li>🌿 Resilience</li></ul> <b>Initiative</b> <ul style="list-style-type: none"><li>🌿 Courage</li><li>🌿 Risk-taking</li></ul>	<b>Feeling</b> <ul style="list-style-type: none"><li>🌿 Empathy</li></ul> <b>Leading</b> <ul style="list-style-type: none"><li>🌿 Change Catalyst</li></ul>	<b>Sense-making</b> <ul style="list-style-type: none"><li>🌿 Holistic Thinking</li></ul> <b>Critical Thinking</b> <ul style="list-style-type: none"><li>🌿 Deconstruction</li></ul>	

# 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.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Racism</li><li>Exam Stress</li><li>Career Planning</li></ul>		<ul style="list-style-type: none"><li>Respected</li><li>Responsible</li><li>Included</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<b>Integrity</b> <ul style="list-style-type: none"><li>Self-awareness</li><li>Ethics</li></ul>	<b>Collaborating</b> <ul style="list-style-type: none"><li>Cultural Competence</li></ul> <b>Feeling</b> <ul style="list-style-type: none"><li>Social Conscience</li></ul>	<b>Sense-making</b> <ul style="list-style-type: none"><li>Pattern Recognition</li><li>Holistic Thinking</li></ul> <b>Critical Thinking</b> <ul style="list-style-type: none"><li>Deconstruction</li></ul>	

# Playtime Isn't Just For Little Kids



## Secondary Five

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

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>🌿 Creativity</li><li>🌿 Relationships</li><li>🌿 Mindset</li></ul>		<ul style="list-style-type: none"><li>🌿 Healthy</li><li>🌿 Active</li><li>🌿 Responsible</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<b>Initiative</b> <ul style="list-style-type: none"><li>🌿 Risk-taking</li><li>🌿 Enterprising</li></ul>	<b>Collaborating</b> <ul style="list-style-type: none"><li>🌿 Relationship Building</li><li>🌿 Teamworking and Collaboration</li></ul>	<b>Creativity</b> <ul style="list-style-type: none"><li>🌿 Imagination</li><li>🌿 Idea Generation</li></ul>	

# Superhero vs Sidekick



## Secondary Five

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

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Wellbeing</li><li>Kindness</li><li>Mindset</li></ul>		<ul style="list-style-type: none"><li>Responsible</li><li>Healthy</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<b>Integrity</b> <ul style="list-style-type: none"><li>Self-awareness</li><li>Ethics</li></ul>	<b>Feeling</b> <ul style="list-style-type: none"><li>Social Conscience</li></ul> <b>Collaborating</b> <ul style="list-style-type: none"><li>Relationship Building</li></ul>	<b>Creativity</b> <ul style="list-style-type: none"><li>Imagination</li><li>Idea Generation</li></ul>	

# 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.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Racism</li><li>Equalities</li><li>Culture</li></ul>		<ul style="list-style-type: none"><li>Included</li><li>Respected</li><li>Safe</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<b>Focusing</b> <ul style="list-style-type: none"><li>Attention</li><li>Filtering</li></ul> <b>Integrity</b> <ul style="list-style-type: none"><li>Ethics</li></ul>	<b>Communicating</b> <ul style="list-style-type: none"><li>Listening</li><li>Receiving Information</li></ul> <b>Feeling</b> <ul style="list-style-type: none"><li>Empathy</li><li>Social Conscience</li></ul>	<b>Curiosity</b> <ul style="list-style-type: none"><li>Information-sourcing</li></ul> <b>Sense-making</b> <ul style="list-style-type: none"><li>Holistic Thinking</li><li>Synthesis</li></ul>	

# 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!*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Resilience</li><li>Emotional Intelligence</li><li>Happiness</li></ul>		<ul style="list-style-type: none"><li>Healthy</li><li>Responsible</li><li></li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<b>Integrity</b> <ul style="list-style-type: none"><li>Self-awareness</li><li>Self-control</li></ul>	<b>Feeling</b> <ul style="list-style-type: none"><li>Empathy</li></ul>	<b>Critical Thinking</b> <ul style="list-style-type: none"><li>Deconstruction</li><li>Logical Thinking</li></ul> <b>Sense-making</b> <ul style="list-style-type: none"><li>Holistic Thinking</li></ul>	



# 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.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>🌿 Time Management</li><li>🌿 Self-management</li><li>🌿 Productivity</li></ul>		<ul style="list-style-type: none"><li>🌿 Responsible</li><li>🌿 Achieving</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<b>Focusing</b> <ul style="list-style-type: none"><li>🌿 Attention</li><li>🌿 Filtering</li></ul>	<b>Communicating</b> <ul style="list-style-type: none"><li>🌿 Receiving Information</li><li>🌿 Giving Information</li></ul>	<b>Critical Thinking</b> <ul style="list-style-type: none"><li>🌿 Deconstruction</li><li>🌿 Computational Thinking</li></ul>	

# The Warm



## Secondary Five

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

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Wellbeing</li><li>Kindness</li><li>Mindset</li></ul>		<ul style="list-style-type: none"><li>Healthy</li><li>Responsible</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<b>Focusing</b> <ul style="list-style-type: none"><li>Sorting</li></ul> <b>Integrity</b> <ul style="list-style-type: none"><li>Self-control</li></ul>	<b>Feeling</b> <ul style="list-style-type: none"><li>Empathy</li><li>Social Conscience</li></ul>	<b>Sense-making</b> <ul style="list-style-type: none"><li>Holistic Thinking</li><li>Opportunity Recognition</li></ul>	

# 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!*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Positivity</li><li>Resilience</li><li>Decision Making</li></ul>		<ul style="list-style-type: none"><li>Responsible</li><li>Healthy</li></ul>	
Meta Skills			
SELF-MANAGEMENT: Manage the now	SOCIAL INTELLIGENCE: Connect with the world	INNOVATION: Create our own change	
<p><b>Adapting</b></p> <ul style="list-style-type: none"><li>Openness</li><li>Self-learning</li></ul> <p><b>Initiative</b></p> <ul style="list-style-type: none"><li>Courage</li><li>Self-belief</li><li>Self-motivation</li></ul>	<p><b>Leading</b></p> <ul style="list-style-type: none"><li>Change Catalyst</li></ul>	<p><b>Sense-making</b></p> <ul style="list-style-type: none"><li>Opportunity Recognition</li><li>Analysis</li></ul>	



full tool kit

**COMING SOON**

[treeof.com](http://treeof.com)