

An Online Tool for Showing Kids Their Brilliance



# TREEHOUSE

The third best thing in education

**Secondary Six**

Planning and Preparation Toolkit

# Age of Leverage



## Secondary Six

*What if we told you that there were some top secret tools that you could use to achieve all of your goals far quicker? Would you be interested in finding out more about them? What if we then told you that these tools were actually not top secret at all...*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>🌿 Habits</li><li>🌿 Discipline</li><li>🌿 Self-improvement</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>Focusing</b></p> <ul style="list-style-type: none"><li>🌿 Attention</li></ul> <p><b>Integrity</b></p> <ul style="list-style-type: none"><li>🌿 Self-control</li></ul> <p><b>Initiative</b></p> <ul style="list-style-type: none"><li>🌿 Decision-making</li><li>🌿 Responsibility</li></ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"><li>🌿 Giving Information</li></ul> <p><b>Leading</b></p> <ul style="list-style-type: none"><li>🌿 Change Catalyst</li></ul>	<p><b>Critical Thinking</b></p> <ul style="list-style-type: none"><li>🌿 Deconstruction</li><li>🌿 Judgement</li></ul>	

# Callus Your Mind



## Secondary Six













*It's not easy being great. If it was, then everyone would be great. And if everyone was great, would great even be a thing? Or would great just be another word for normal?*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Self-improvement</li><li>Conscientiousness</li><li>Discipline</li></ul>		<ul style="list-style-type: none"><li>Achieving</li><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>Initiative</b> <ul style="list-style-type: none"><li>Courage</li><li>Risk-taking</li><li>Self-motivation</li><li>Responsibility</li></ul>	<b>Leading</b> <ul style="list-style-type: none"><li>Inspiring Others</li><li>Change Catalyst</li></ul>	<b>Critical Thinking</b> <ul style="list-style-type: none"><li>Deconstruction</li></ul> <b>Creativity</b> <ul style="list-style-type: none"><li>Visualising</li></ul>	



## Secondary Six

Studies have shown that we can have a dip in motivation during our teenage years. In terms of school, this is when we need that motivation more than ever. This module challenges us to rediscover that inspiration.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"> <li> Boredom</li> <li> Apathy</li> <li> Enthusiasm</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	
<p><b>Adapting</b></p> <ul style="list-style-type: none"> <li> Openness</li> <li> Resilience</li> </ul>	<p><b>Leading</b></p> <ul style="list-style-type: none"> <li> Inspiring Others</li> <li> Change Catalyst</li> </ul> <p><b>Collaborating</b></p> <ul style="list-style-type: none"> <li> Relationship Building</li> </ul>	<p><b>Creativity</b></p> <ul style="list-style-type: none"> <li> Imagination</li> <li> Maker Mentality</li> </ul>	

# Dreamers Unite



## Secondary Six

*So it's nearly time to leave school. There's no better time to get your head well and truly back in the clouds!*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>✦ Creativity</li><li>✦ Confidence</li><li>✦ Motivation</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>Initiative</b> <ul style="list-style-type: none"><li>✦ Courage</li><li>✦ Risk-taking</li></ul>	<b>Communicating</b> <ul style="list-style-type: none"><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>✦ Imagination</li><li>✦ Maker Mentality</li></ul>	

# Express Yourself



## Secondary Six

*Let's face it... CV's aren't the most exciting thing in the world. But sometimes a little creativity can go a long way!*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>🌿 Career Planning</li><li>🌿 Creativity</li><li>🌿 Strengths</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>Initiative</b></p> <ul style="list-style-type: none"><li>🌿 Independent Thinking</li><li>🌿 Enterprising</li></ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"><li>🌿 Giving Information</li></ul> <p><b>Leading</b></p> <ul style="list-style-type: none"><li>🌿 Influence</li></ul>	<p><b>Creativity</b></p> <ul style="list-style-type: none"><li>🌿 Imagination</li><li>🌿 Idea Generation</li></ul>	

# Find Your Flow



## Secondary Six

Decades of research have led towards the concept of Flow. A state of productivity and complete immersion in an activity. This module discusses how we get there and how we stay there.

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Engagement</li><li>Flow</li><li>Mindset</li></ul>		<ul style="list-style-type: none"><li>Achieving</li><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>Attention</li><li>Filtering</li></ul> <b>Adapting</b> <ul style="list-style-type: none"><li>Openness</li></ul> <b>Integrity</b> <ul style="list-style-type: none"><li>Self-awareness</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>Curiosity</b> <ul style="list-style-type: none"><li>Observation</li></ul> <b>Critical Thinking</b> <ul style="list-style-type: none"><li>Judgement</li></ul> <b>Sense-making</b> <ul style="list-style-type: none"><li>Holistic Thinking</li></ul>	

# Find Your Why



## Secondary Six

*Part of getting to know yourself is understanding what you see your purpose to be. This underpins the difference we hope to make in the world one day.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>🌿 Purpose</li><li>🌿 Values</li><li>🌿 Emotional Intelligence</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><li>🌿 Ethics</li></ul>	<b>Feeling</b> <ul style="list-style-type: none"><li>🌿 Social Conscience</li></ul> <b>Leading</b> <ul style="list-style-type: none"><li>🌿 Inspiring Others</li></ul>	<b>Curiosity</b> <ul style="list-style-type: none"><li>🌿 Observation</li><li>🌿 Questioning</li></ul> <b>Creativity</b> <ul style="list-style-type: none"><li>🌿 Visualising</li></ul>	



# Intersectionality



## Secondary Six

*Understanding what intersectionality is and the way in which this understanding can impact the ways in which we view each other.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Identity</li><li>Education</li><li>Understanding</li></ul>		<ul style="list-style-type: none"><li>Included</li><li>Respected</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><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>Giving Information</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></ul>	

# Making Decisions



## Secondary Six

*Having to make decisions can result in a lot of anxiety. The more we can develop the skill of making decisions, the better we feel making them.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Decision Making</li><li>Responsibility</li><li>Productivity</li></ul>		<ul style="list-style-type: none"><li>Achieving</li><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>Initiative</b> <ul style="list-style-type: none"><li>Decision-making</li><li>Independent Thinking</li><li>Self-belief</li></ul>	<b>Communicating</b> <ul style="list-style-type: none"><li>Receiving Information</li></ul> <b>Leading</b> <ul style="list-style-type: none"><li>Influence</li></ul>	<b>Critical Thinking</b> <ul style="list-style-type: none"><li>Logical Thinking</li><li>Judgement</li></ul>	

# Meet Carlton



## Secondary Six

*Carlton is the Operation Director at Manorview Hotel Group, his family's business. He has fast tracked into a leadership position and learned some important lessons along the way.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Leadership</li><li>Skills Development</li><li>Work Ethic</li></ul>		<ul style="list-style-type: none"><li>Achieving</li><li>Respected</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>Self-motivation</li><li>Enterprising</li><li>Self-belief</li></ul>	<b>Leading</b> <ul style="list-style-type: none"><li>Inspiring Others</li><li>Motivating Others</li><li>Developing Others</li></ul>	<b>Creativity</b> <ul style="list-style-type: none"><li>Visualising</li></ul>	<b>Sense-making</b> <ul style="list-style-type: none"><li>Opportunity Recognition</li></ul>

# Meet Kels



## Secondary Six

*We caught up with Kels, an Audio Engineer who has wrestled with her mental health and reassessed her career aspirations as she has moved from school, to college, to university and beyond.*















Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Mental Health</li><li>Perfectionism</li><li>Identity</li></ul>		<ul style="list-style-type: none"><li>Responsible</li><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	
<b>Adapting</b> <ul style="list-style-type: none"><li>Resilience</li></ul> <b>Initiative</b> <ul style="list-style-type: none"><li>Courage</li><li>Risk-taking</li></ul>	<b>Communicating</b> <ul style="list-style-type: none"><li>Receiving Information</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>Critical Thinking</b> <ul style="list-style-type: none"><li>Deconstruction</li></ul>	

# Micro-Aggressions and Othering



## Secondary Six

*Discovering what micro-aggressions are and how to challenge them, and how to recognise othering at an individual and societal level.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"> <li> Racism</li> <li> Equalities</li> </ul>	<ul style="list-style-type: none"> <li> Included</li> <li> Respected</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> <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> </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> Problem Recognition</li> </ul> <b>Sense-making</b> <ul style="list-style-type: none"> <li> Holistic Thinking</li> <li> Opportunity Recognition</li> </ul>	

# Not All Men



## Secondary Six

*Why it is important to acknowledge gender when we talk about violence against women and how all men can help.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Gender</li><li>Misogyny</li><li>Positive Change</li></ul>		<ul style="list-style-type: none"><li>Respected</li><li>Safe</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>Focusing</b></p> <ul style="list-style-type: none"><li>Attention</li><li>Filtering</li></ul> <p><b>Integrity</b></p> <ul style="list-style-type: none"><li>Self-awareness</li><li>Ethics</li></ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"><li>Listening</li><li>Receiving Information</li></ul> <p><b>Feeling</b></p> <ul style="list-style-type: none"><li>Social Conscience</li></ul>	<p><b>Sense-making</b></p> <ul style="list-style-type: none"><li>Holistic Thinking</li><li>Analysis</li></ul>	

# Screenagers – FOMO v JOMO



## Secondary Six

*We've all heard of FOMO. You might even have felt it. Now it's time to shift our thinking and enjoy JOMO.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Wellbeing</li><li>Relationships</li></ul>		<ul style="list-style-type: none"><li>Responsible</li><li>Healthy</li><li>Respected</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><li>Self-control</li></ul> <p><b>Initiative</b></p> <ul style="list-style-type: none"><li>Self-belief</li><li>Independent Thinking</li></ul>	<p><b>Collaborating</b></p> <ul style="list-style-type: none"><li>Social Perceptiveness</li></ul> <p><b>Communicating</b></p> <ul style="list-style-type: none"><li>Storytelling</li></ul>	<p><b>Curiosity</b></p> <ul style="list-style-type: none"><li>Observation</li><li>Information-sourcing</li></ul> <p><b>Critical Thinking</b></p> <ul style="list-style-type: none"><li>Logical Thinking</li></ul>	

# Stressing Out!



## Secondary Six

*Stress is a growing problem at all ages. Learning how to manage it at a young age can be a vital part in our future success.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Stress</li><li>Anxiety</li><li>Emotional Intelligence</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	
<p><b>Focusing</b></p> <ul style="list-style-type: none"><li>Attention</li><li>Filtering</li></ul> <p><b>Adapting</b></p> <ul style="list-style-type: none"><li>Adaptability</li></ul>	<p><b>Feeling</b></p> <ul style="list-style-type: none"><li>Empathy</li></ul> <p><b>Collaborating</b></p> <ul style="list-style-type: none"><li>Social Perceptiveness</li></ul>	<p><b>Sense-making</b></p> <ul style="list-style-type: none"><li>Pattern Recognition</li><li>Holistic Thinking</li></ul>	















# Thinking About Thinking



## Secondary Six

*Biases. Errors. Approximations. Fallacies. When you really look into it, you'll realise that our mind is a minefield of mistakes. Mistakes which, believe it or not, are fully responsible for generating millions of pounds in one particular industry.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"> <li> Intelligence</li> <li> Confidence</li> <li> Mindset</li> </ul>		<ul style="list-style-type: none"> <li> Respected</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>Focusing</b></p> <ul style="list-style-type: none"> <li> Filtering</li> </ul> <p><b>Adapting</b></p> <ul style="list-style-type: none"> <li> Self-learning</li> </ul> <p><b>Initiative</b></p> <ul style="list-style-type: none"> <li> Independent Thinking</li> </ul>	<p><b>Communicating</b></p> <ul style="list-style-type: none"> <li> Receiving Information</li> </ul> <p><b>Collaborating</b></p> <ul style="list-style-type: none"> <li> Social Perceptiveness</li> </ul>	<p><b>Curiosity</b></p> <ul style="list-style-type: none"> <li> Observation</li> <li> Questioning</li> </ul> <p><b>Sense-making</b></p> <ul style="list-style-type: none"> <li> Analysis</li> </ul>	

# Wear Sunscreen



## Secondary Six

*They say we only live once. Nonsense, we only die once. We get to live every single day with purpose and meaning.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Relationships</li><li>Ownership</li><li>Mindset</li></ul>		<ul style="list-style-type: none"><li>Healthy</li><li>Nurtured</li><li>Respected</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>Empathy</li><li>Social Conscience</li></ul> <b>Collaborating</b> <ul style="list-style-type: none"><li>Relationship Building</li></ul>	<b>Sense-making</b> <ul style="list-style-type: none"><li>Holistic Thinking</li><li>Analysis</li></ul> <b>Creativity</b> <ul style="list-style-type: none"><li>Imagination</li></ul>	

# What It's Like To Move Out



## Secondary Six

*Whether it's for university, college or work and whether it's now or in a few years, moving out for the first time can be one of the biggest challenges we face.*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>🌿 Responsibility</li><li>🌿 Maturity</li><li>🌿 Transitioning</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>Adapting</b> <ul style="list-style-type: none"><li>🌿 Openness</li></ul> <b>Initiative</b> <ul style="list-style-type: none"><li>🌿 Independent Thinking</li><li>🌿 Self-motivation</li><li>🌿 Responsibility</li></ul>	<b>Feeling</b> <ul style="list-style-type: none"><li>🌿 Social Conscience</li></ul> <b>Leading</b> <ul style="list-style-type: none"><li>🌿 Change Catalyst</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>🌿 Opportunity Recognition</li></ul>	

# Your Irrational Brain



## Secondary Six

*Your brain is incredible. But it's also irrational. Let's go for a walk around the inside of your head and see what we find. Just be wary of the various trapdoors, pitfalls and corners to cut along the way!*

Key Themes		Wellbeing Indicator	
<ul style="list-style-type: none"><li>Problem Solving</li><li>Confidence</li><li>Self-control</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>Sorting</li><li>Filtering</li></ul>	<b>Communicating</b> <ul style="list-style-type: none"><li>Storytelling</li><li>Giving Information</li></ul>	<b>Critical Thinking</b> <ul style="list-style-type: none"><li>Computational Thinking</li></ul>	<b>Sense-making</b> <ul style="list-style-type: none"><li>Synthesis</li></ul>



full tool kit

**COMING SOON**

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