

Treehouse - a fun digital solution to support mental health & wellbeing of pupils and staff

With the continued uncertainty for nursery & primary school staff, teachers, pupils and parents, it's becoming clear that children and adults alike are feeling the effects of social isolation. Increased anxiety, loss of confidence or deteriorating mental wellbeing - both children and adults need a more nurturing than ever before.

That's where Treehouse comes in! Designed by the team of psychologists, teachers and motivation experts at Tree of Knowledge, it's a fun digital solution to support the mental health & wellbeing needs of staff and pupils. Jam packed with age-appropriate modules, it covers everything from self-confidence, helping others, emotional intelligence, resilience and managing negative feelings, in a digestible, engaging, and simple-to-use format.

Whether you are a hub school, or managing distanced or blended learning, this intuitive platform can be used within a classroom or by pupils as home learning, homework or extra-curricular study. Treehouse works alongside GLOW, Microsoft Teams, and other online platforms.



SSERC will be hosting Treehouse demos this year with more information coming soon - if you'd like to learn more in the meantime, email happy@treeof.com.

TREEHOUSE FAQs

Who is Treehouse for?

Treehouse is for pupils and staff of primary schools, secondary schools and nurseries.

Does it support the curriculum?

Treehouse has been designed to support schools to deliver a wide range of the Curriculum for Excellence: Health and Wellbeing Experiences and Outcomes.

What themes does it cover?

Treehouse covers a range of topics, but focuses mainly on developing resilience, mental health & wellbeing, self-confidence, kindness & empathy, inspiration, motivation, creativity and nurture. It's a lot of fun, and we hope that it will help your pupils and staff rediscover that "wee piece of magic".

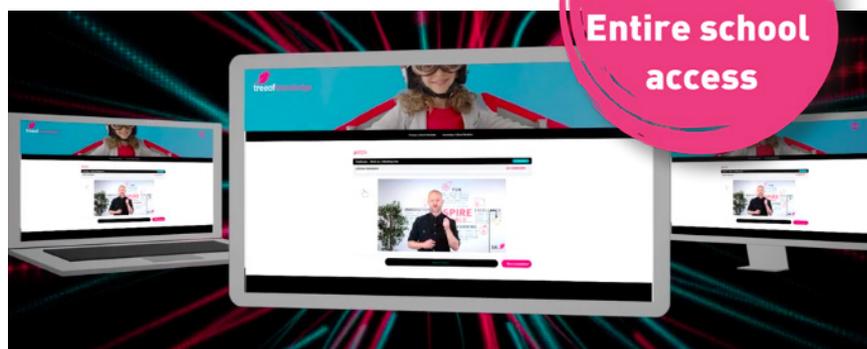


How does Treehouse work?

Treehouse is an online education platform which is built using a learning management system called Learn Dash. This system is used and trusted by companies, universities and training organisations all over the world. Once you sign up to Treehouse, there is a simple process to create log-ins for all of your staff and pupils. Your whole school will then have access to 50+ educational modules specifically designed to support the mental health, wellbeing and soft skills development of your pupils and staff. Better still, with new modules being added throughout the year, skills will just keep on developing. Modules will include a combination of video, reading and writing tasks. >>

£499

Entire school access



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Can this be used in the classroom?

Yes. This has been designed with ultimate flexibility in mind. It can be beamed onto whiteboards or projected onto screens, as well as used on laptops or PCs. It can also be used for independent learning or in groups to stimulate discussion.

Can this be used for blended learning?

Yes. Like you, we're not sure what's going to happen over the next wee while, so this platform can be used at home, by pupils, and in the classroom. It's been designed with ultimate flexibility in mind.

Does it track progress?

Yes. Each pupil will have their own log-ins and can be assigned to a "class", and teachers will be able to see how their pupils are progressing through the modules.

TREEHOUSE Use Cases

As we talk to schools, we're learning more about how TREEHOUSE is being used. We want to share ideas, to inspire you to get the most from it!



Classroom

Whether it's on individual screens, in small groups or projected onto a screen or board, TREEHOUSE can form parts or, or full lessons, hitting key topics from the Curriculum for Excellence: Health and Wellbeing Experiences and Outcomes. The activities can be done individually and then discussed within a group setting.

Peer-to-peer

TREEHOUSE can be used as a resource to be delivered by Mental Health Ambassadors to other pupils. All of the modules include an introduction, an activity, and a discussion - they're a great resource to help pupils build confidence in delivering content and facilitating discussion.

Self-isolating

For self-isolating or vulnerable pupils, TREEHOUSE can be a lifeline and crucial support for mental health to combat loneliness. Teachers can set the work and track the progress of each pupil, plus it's a great way to start difficult conversations with pupils who may be struggling.

Staff wellbeing

TREEHOUSE directly addresses the current need for support for staff wellbeing during this unprecedented time. Staff modules offer time for reflection, gratitude and reignite the passion. It will also help them to unpick stress and anxiety, to help them to understand and handle negative emotions. <<

At home

TREEHOUSE can be used for homework or can be used from home as part of a blended learning approach. This can be done with the support of parents (for Primary) or independently (for Secondary). Teachers can set the work and track the progress of each pupil.

Dinner table

The activities on TREEHOUSE are actively encouraged to be used as dinner table discussions. Not only does this encourage opportunity for children and their parents to connect, but it also allows parents to see and be involved with their child's learning around mental health & wellbeing.



TOK Website: <https://treeof.com/> • Treehouse: <https://treeof.com/tok-education/treehouse-modules/>

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