

PSHE Year 3 Autumn 1 - Being me in my world



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- recognise my worth and can identify positive things about myself and my achievements
- set personal goals
- know how to use my Jigsaw Journal
- know how to face new challenges positively, make responsible choices and ask for help when I need it
- understand why rules are needed and how they relate to rights and responsibilities
- understand that my actions affect myself and others and I care about other people's feelings
- make responsible choices and take action
- understand my actions affect others and try to see things from their points of view

Social and emotional skills

I will:

- value myself and know how to make someone else feel welcome and valued
- recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions
- know how to make others feel valued
- understand that my behaviour brings rewards/consequences
- work cooperatively in a group
- choose to follow the Learning Charter

Key vocabulary

Achievements, actions, acknowledge, affirm, assertive, behaviour, belong, challenge, choices, controlling, courtesy, consequences, dream, emotions, exclude, fairness, feelings, fears, friendship, group, dynamics, Group, ideal, school, include, kind, Learning Charter, lonely, manners, nightmare, personal, goal, pleased, praise, pride, proud, responsibilities, rewards, rights, self-respect, solutions, team work

Big Question:

How can you make someone feel valued?

The zones of regulation



By the end of this topic...

I can explain how my behaviour can affect how others feel and behave. I can explain why it is important to have rules and how that helps me and others in my class learn.

I can explain why it is important to feel valued.

Mindmate Monday lesson

MindMate®

Year 3 Autumn 1 Goals & aspirations

Lesson focus: I'm good at.... & I am going to try & be better at...by setting myself a simple target

Pupils should have the opportunity to... reflect on & celebrate their achievements & identify their strengths identify areas for improvement & set high aspirations & goals