

PSHE Year 4 Spring 1 – Dreams and goals



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- tell you about some of my hopes and dreams
- understand that sometimes hopes and dreams do not come true and that this can hurt and recognise how resilience and support from others can help
- know how to cope with disappointment and find ways to move forward
- know how to make a new plan and set new goals even if I have been disappointed
- know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group
- identify the contributions made by myself and others to the group's achievement

Social and emotional skills

I will:

- know how it feels to have hopes and dreams
- know how disappointment feels and identify when I have felt that way, recognising the roles people (including myself)
- take in groups and how these can support or challenge **me**
- respect myself and notice how coping builds my self-esteem and resilience
- know what it means to be resilient and to have a positive attitude
- enjoy being part of a group challenge
- know how to share in the success of a group and how to store this success experience in my internal treasure chest

Key vocabulary

Agree, disagree, anxious, attitude, celebrate, cope, courtesy, courage, determination, disappointed, dream, follower, goal, help, hope, hurt, inspired, leader, learning, manners, motivated, plans, positive, problem-solve, proud, resilience, review, risk, roles, safety, self-belief, self-esteem, setback, success, wellbeing,

Big Question:

What positive contributions have you made to a group recently?

By the end of this topic...

I can plan and set new goals even after a disappointment.

I can explain what it means to be resilient and to have a positive attitude.

The zones of regulation



Mindmate Monday lesson

MindMate

Year 4 Spring 1 Life changes and transitions -Emotions and change

Lesson focus: to be able to talk about feelings associated with change

Pupils should have the opportunity to... learn that people respond differently to changes and some people find change easier than others. To be able to recognise the different emotions associated with change