

PSHE Year 2 Spring 1 - Dreams and goals



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- choose a realistic goal and think about how to achieve it
- know what I need to keep my body healthy
- recognise who I work well with and who it is more difficult for me to work with
- work well in a group to create an end-product
- show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed
- know how to share success with other people

Social and emotional skills

I will:

- tell you things I have achieved and say how that makes me feel
- Be motivated to make healthy choices that help me to reach my goals
- tell you how working with other people helps me learn
- work with others in a group to solve problems
- tell you when a feeling is weak and when a feeling is strong
- tell you how being part of a successful group feels and I can
- store these feelings in my internal treasure chest

Key vocabulary

Achievement, calm, celebrate, challenge, community, courtesy, dream, feelings, goal, group, health, healthy choice, hobbies, interest, learning together, lifestyle, manners, motivation, partner, proud, realistic, relax, safety, self-care, self-esteem, stress, success, team work, tense, wellbeing

Big Question:

How can you be a team player and work well in a group?

The zones of regulation



By the end of this topic...

I can explain how I played my part in a group and the parts other people played to create an end product. I can explain how our skills complemented each other.

I can explain how it felt to be part of a group and can identify a range of feelings about group work.

Mindmate Monday lesson

MindMate

Year 2 Spring 1 New school/class Making new friends

Lesson focus: that talking about my feelings can help.

Pupils should have the opportunity to learn how to communicate their feelings about new experiences to others recognise how others show feelings & know how to respond