

Topic: PSHE

Term: Spring 1

Year: Unit 1

Duration: 6 weeks

## The Powerful Knowledge we will take away from this PSHE Puzzle:

 <b>Knowledge</b>	 <b>&amp;</b>   Social and Emotional Skills
<p>I will know...</p> <ul style="list-style-type: none"> <li>Know what a challenge is,</li> <li>Know that it is important to keep trying,</li> <li>Know what a goal is,</li> <li>Know how to set goals and work towards them,</li> <li>Know some jobs that they might like to do when they are older,</li> <li>Know that they must work hard now in order to be able to achieve the job they want when they are older.</li> <li>Know when they have achieved a goal.</li> </ul>	<p>I will...</p> <ul style="list-style-type: none"> <li>Understand that challenges can be difficult,</li> <li>Recognise some of the feelings linked to perseverance,</li> <li>Recognise how kind words can encourage people,</li> <li>Talk about a time that they kept on trying and achieved a goal.</li> <li>Learn how to be ambitious, to feel proud and celebrate success.</li> </ul>

**What I already know:** You will have experienced playing co-operatively and how to take turns with your friends at nursery. You will have practiced waiting for the things that you want hope for and how to share these things with others. You will be used to trying new activities, following instructions involving several ideas or actions and going back to things that feel difficult at first.

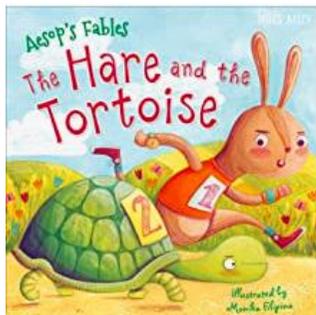
Our Key Vocabulary	Meaning
  <b>Dream</b> <b>Goal</b>	<p><b>Dreams</b> are thoughts and feelings created in you imagination. They can be about something that you have wanted to do or have for a long time.</p> <p><b>Goals</b> are targets you set for yourself that you want to work towards.</p>
  <b>Job</b> <b>Ambition</b>	<p>A <b>Job</b> is an activity that you work on. When you are older you might be employed to do your job and earn money to pay for things that you want or need.</p> <p><b>Ambition</b> is a desire to be successful or to achieve a goal.</p>
 <b>Perseverance</b>	<p><b>Perseverance</b> is a quality that allows someone to keep on trying to do something even though it might be difficult. If you persevere, you never want to give up trying.</p>
 <b>Achievement</b>	<p><b>Achievement</b> is the result of never giving up and meeting your goals.</p>
 <b>Encouragement</b>	<p><b>Encouragement</b> are the kind words and actions you perform to help others keep trying to achieve the things they find difficult.</p>



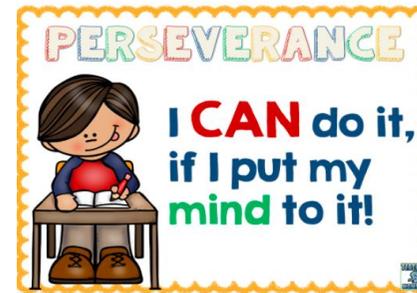
### Family Talk Time Learning:

- How does it feel when you think you can't do something?
- What job would you like when you are older?
- Why is it important to keep trying?
- Tell me about a time when something was hard but you kept trying.
- How do you like to celebrate when you achieve something?
- How can we celebrate together?

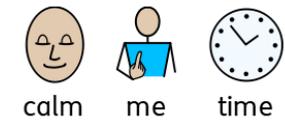
### Texts that Teach:



### Personal reflections:



### Mindfulness Activities to try:



 <p>Pause</p>	  <p>Breathe</p>
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When things are feeling a bit tricky, pause, breathe and notice how your body is feeling.