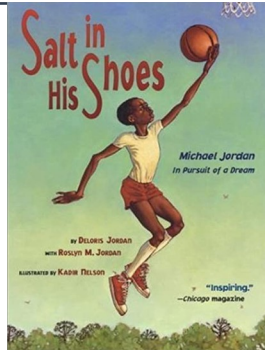


YEAR 4 PSHE - DREAMS AND GOALS					
STICKY KNOWLEDGE ABOUT DREAMS AND GOALS		SOCIAL AND EMOTIONAL SKILLS		KEY VOCABULARY	
• Know what their own hopes and dreams are • Know that hopes and dreams don't always come true • Know that reflecting on positive and happy experiences can help them to counteract disappointment • Know how to make a new plan and set new goals even if they have been disappointed • Know how to work out the steps they need to take to achieve a goal • Know how to work as part of a successful group • Know how to share in the success of a group		• Can talk about their hopes and dreams and the feelings associated with these • Can identify the feeling of disappointment • Can identify a time when they have felt disappointed • Be able to cope with disappointment • Help others to cope with disappointment • Can identify what resilience is • Have a positive attitude • Enjoy being part of a group challenge • Can share their success with others • Can store feelings of success (in their internal treasure chest) to be used at another time		Dream	a cherished aspiration, ambition, or ideal.
				Hope	a feeling of expectation and desire for a particular thing to happen.
				Goal	the object of a person's ambition or effort; an aim or desired result.
				Determination	the quality of being determined; firmness of purpose.
				Perseverance	persistence in doing something despite difficulty or delay in achieving success.
				Resilience	the capacity to withstand or to recover quickly from difficulties; toughness.
				Positive attitude	a state of mind that envisions and expects favorable results
				Disappointment	sadness or <u>displeasure</u> caused by the <u>non-fulfilment</u> of one's hopes or expectations
				Fears	an <u>unpleasant</u> emotion caused by the threat of danger, pain, or harm.
				Positive experiences	elements of the human experience that an individual finds meaningful, rewarding or emotionally appealing
		QUESTIONS FOR FAMILY LEARNING		Cope	deal effectively with something difficult.
		• What are your hopes and dreams? • Can you tell me about a time that one of your dreams didn't come true? • What can we do when we feel disappointed? • What is resilience? • Describe how it felt when you achieved your goal? • Can I tell you what my dreams and goals were when I was your age? • How can you use this feeling the next time you are stuck?		Plans	an intention or decision about what one is going to do.
				Self-belief	confidence in your own abilities or judgment
				Motivation	a reason or reasons for acting or <u>behaving</u> in a particular way.

	• Does Calm Me time help you when you are feeling stuck?		
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