

PSHE - DREAMS AND GOALS

STICKY KNOWLEDGE ABOUT DREAMS AND GOALS	SOCIAL AND EMOTIONAL SKILLS	KEY VOCABULARY	
• Understand that they are important • Know what a personal goal is • Understanding what a challenge is • Know why rules are needed and how these relate to choices and consequences • Know that actions can affect others' feelings • Know that others may hold different views • Know that the school has a shared set of values	• Recognise self-worth • Identify personal strengths • Be able to set a personal goal • Recognise feelings of happiness, sadness, worry and fear in themselves and others • Make other people feel valued • Develop compassion and empathy for others • Be able to work collaboratively	Achievements	A thing done successfully with effort, skill or courage.
		Valued	When something is considered to be important or beneficial.
		Acknowledge	To accept or admit the existence or truth.
		Consequences	A result or effect, typically one that is unpleasant.
		Co--Operate	Working together towards the same end goal.
		Welcome	An instance or manner of greeting someone.
		Solutions	Solving a problem or dealing with a difficult situation.
		Feelings	An emotional state or reaction.
		Proud	Feeling satisfied as a result of your own or someone else's achievements.
	QUESTIONS FOR FAMILY LEARNING • What would your 'nightmare school' look, sound and feel like? • What would your 'dream school' look, sound and feel like? • What are emotions? Can you name some different ones? • Can you give some examples of positive (helpful) choices that could lead to a reward? • Why is making someone feel welcome an important skill? • What are the Jigsaw Friends in your class called? How are the Jigsaw Friends used in your Jigsaw lessons • Can you tell me about Calm Me time?		