

Year 3 Spring 1 PSHE Strengths and challenges



PSHE

Powerful knowledge/skills for this unit:

Pupils learn about

Celebrating achievements and setting personal goals

- explain how it feels to be challenged, try something new or difficult
- can plan the steps required to help achieve a goal or challenge
- are able to celebrate their own and others' skills, strengths and attributes

Dealing with put-downs

- explain what is meant by a put-up or put-down and how this can affect people
- can demonstrate a range of strategies for dealing with put-downs
- recognise what is special about themselves

Positive ways to deal with set-backs

- can describe how it feels when there are set-backs
- know some positive ways to manage set-backs and how to ask for help or support
- recognise that everyone has set-backs at times, and that these cannot always be controlled

What should I already know:

How to resolve conflicts in friendships and when to ask for help.

Big Question:

What strategy might you use when dealing with a put-down?

The end point: Be able to talk about something you have achieved recently? Know how to approach solving a problem.

Key vocabulary

Goal, challenge, skill, attribute, put up, put down, set-back, Friend, Kindness, Emotions Feelings, Care, Conflict Qualities impact mental health Celebrate, Goals, Positive

Zones of regulation



Mindmate Monday lesson



Year 3 Spring 1 Life in KS2 New faces/ new routines

Lesson focus: I am learning to handle change

Pupils should have the opportunity to... understand the importance of being co-operative with others understand that change happens & can be challenging understand that adapting to change is key to developing emotional wellbeing