



### What should I already know?

- In earlier years, students may have learned about different emotions, how to identify them, and how to express them appropriately. This sets the groundwork for understanding one's feelings and self-awareness.
- They may have been introduced to the concept of positive and negative behaviours, learning to distinguish actions that contribute to a positive classroom and social environment.
- They might have begun to explore their personal strengths, interests, and hobbies, helping them identify areas where they excel and feel confident.

I am aware of personal, social and health needs whilst understanding how to be a good citizen in modern Britain.

### Technical vocabulary

#### Self-Esteem

Self-esteem is how we feel about ourselves, our worth, and our value. It's important to have a positive self-esteem to feel confident and capable.

#### Attributes

Attributes are the characteristics or qualities that describe a person. These can include things like kindness, creativity, honesty, and more.

#### Achievements

Achievements are the things we have accomplished or succeeded in, whether big or small. Recognizing achievements can boost our self-esteem.

#### Goals

Goals are things we want to achieve in the future. They give us direction and help us work towards something meaningful.

#### Resilience

Resilience is the ability to bounce back from setbacks or challenges. It means not giving up easily and learning from mistakes.

### Recognise Personal Qualities and Individuality

- Personal qualities refer to the unique traits and characteristics that make each person different from others.
- Individuality means embracing and celebrating what makes you special and distinct.

### Understand How Personal Attributes, Strengths, Skills and Interests Contribute to Self-Esteem

- Skills are abilities we have developed through learning and practice and Interests are activities or topics that we find enjoyable or engaging.
- Recognising and appreciating these aspects of ourselves can boost self-esteem.

### Develop Self-Worth

- Self-worth is how we value and perceive ourselves.
- It's important to recognize and acknowledge our accomplishments and positive qualities.
- Achievements can be big or small and should be celebrated to boost self-esteem.
- Positive self-talk and self-affirmation can help improve self-worth.

### Set Goals for Ourselves

- Setting goals gives us direction and purpose.
- Goals can be short-term (happening soon) or long-term (happening in the future).
- SMART goals are Specific, Measurable, Achievable, Relevant, and Time-bound.

### Key questions

What makes us unique?  
What am I proud of?  
How can I handle setbacks?  
How can I choose goals?