



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?