

Year 4 Knowledge Organiser PSHE: Dreams and Goals

Key Vocabulary

| | | |
|-------|---------------|--------------|
| hope | determination | resilience |
| fears | self-belief | commitment |
| cope | attitude | perseverance |

Knowledge

- I know what my own hopes and dreams are
- I know that hopes and dreams don't always come true
- I know that reflecting on positive and happy experiences can help me to counteract disappointment
- I know how to make a new plan and set new goals even if I have been disappointed
- I know how to work out the steps that I need to take to achieve a goal
- I know how to work as part of a successful group
- I know how to share in the success of a group

Social and Emotional Skills

- I can talk about my hopes and dreams and the feelings associated with these
- I can identify the feeling of disappointment
- I can identify a time when I have felt disappointed
- I am able to cope with disappointment
- I help others to cope with disappointment
- I can identify what resilience is
- I have a positive attitude
- I enjoy being part of a group challenge
- I can share my success with others
- I can store feelings of success (in my internal treasure chest) to be used at another time



Set goals
To Achieve
Your
Dreams

