



Welton Primary School – PSHE Knowledge Organiser

Year: 3

Spring 1

Dreams and Goals



Hello, My name is Jigsaw Jino

PSHE Puzzle Piece Vocabulary

Ambitions	Strong desires to do something.
Aspirations	Dreams or goals to aim for.
Celebrate	To be aware of the good things that people do.
Challenges	Something that makes us think.
Cooperation	Working together.
Dreams	Cherished aspirations
Efficient	To be able to work in a well organised and skilful way.
Enterprise	A project.
Enthusiastic	An intense enjoyment.
Evaluate	To say how well (or not well) something has gone.
Frustration	To feel upset or annoyed when it's difficult to achieve something.
Goals	Ambitions; something we want to achieve.
Motivated	To have an interest in doing something.
Obstacles	Something that gets in the way.
Perseverance	continued effort to do or achieve something despite difficulties.
Responsible	To look after or be in charge of someone or something.
Review	A critical look at something.
Self- review	To critically look at your own thoughts and actions .
Solution	A way to solve a problem or deal with a difficult situation.
Strengths	Something that we are good at or do well,
Success	Achieving something and doing it well.
Teamwork	Working with others to achieve an outcome



Facing Challenges

I know that a challenge can make things more difficult to achieve. I can say how some people overcome this and achieve their dreams.



Achieving Ambitions

I know that an ambition is a dream that I have. It is the ultimate dream. I know that it will take hard work to achieve my ambition. I can say it is good to have dreams (something to aim for). I know that having a plan will help.



Perseverance

I know that working as part of a team helps everyone to achieve. I know that when I find things a challenge, I can ask for help and support and I can give this to others who ask for it. I know that working effectively means listening and supporting my peers.



Frustrations

I know that a hurdle is something that might stop me achieving a dream in the short term. I know that feeling frustrated means that I may feel a little bit angry. I know that a solution is finding a way to overcome this



Evaluate

I know that evaluating is saying how something has gone (well or not), how well I did and what I could do differently next time.



Questions to Support Learning

- Can you tell me about someone who overcame an obstacle to achieve their goal?
- What ambition is important to you?
- What can you do if something is difficult?
- How does it feel to be stuck?
- How can I help you to achieve your goal? - What might it feel like when you achieve your goal?
- Describe how it felt when you achieved your goal?
- How can you use this feeling the next time you are stuck?
- How does Jigsaw Jino help your Jigsaw work?
- Do you enjoy Calm Me time?

