



# Welton Primary School – PSHE Knowledge Organiser

Year: 4

Spring 1

Dreams and Goals



## PSHE Puzzle Piece Vocabulary

<b>Celebrate</b>	To be aware of the good things that people do.
<b>Commitment</b>	Being dedicated to completing something.
<b>Cooperation</b>	Working together.
<b>Cope</b>	Do something effectively / well.
<b>Determination</b>	Never giving up.
<b>Disappointment</b>	Feeling sad or upset about something.
<b>Dreams</b>	Cherished aspirations
<b>Enterprise</b>	A project.
<b>Fears</b>	Being frightened / worried about something.
<b>Goals</b>	Ambitions; something we want to achieve
<b>Hope</b>	To expect or long for something to happen.
<b>Motivation</b>	To have an interest in doing something.
<b>Perseverance</b>	A persistence in doing something.
<b>Positive Attitude</b>	To believe that things will work out well and to your expectations.
<b>Positive Experiences</b>	Something you do that gives you a happy and powerful memory
<b>Resilience</b>	To recover from a difficult situation.
<b>Review</b>	A critical look at something .
<b>Self-belief</b>	To trust or believe in your strengths and personality.
<b>Strengths</b>	Something that we are good at or do well at.
<b>Success</b>	Achieving something and doing it well.
<b>Teamwork</b>	Working with others to achieve an outcome.



## Hopes and Dreams

I know that hopes and dreams are what I aspire to. I know that they are things that I have to work toward and have a plan for. I know that these can be short and long term.



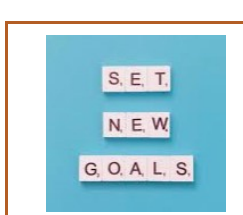
## Dealing with Disappointments

I know that dreams can go wrong and how I can deal with this. I will know that this can happen and I need to be able to deal with this. I can explain how I might feel. I can reflect upon my feelings and how these can differ.



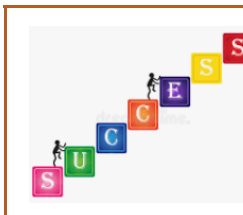
## Positive Outlook

I know how it helps to work with others and how after something has gone wrong, it can be made better by having a positive outlook. I can talk about when I feel like giving up and how I can overcome this



## Setting New Goals

I know that after a disappointment I will need to set a new goal. I know that this means being resilient and not giving up. I know that I can do well at things if I keep trying



## Steps to Success

I can work with other people to achieve a goal. I know how I can collaborate and help others. I can discuss how to become more efficient when working as a team.

## Questions to Support Learning

- What are your hopes and dreams?
- Can you tell me about a time that one of your dreams didn't come true?
- What can we do when we feel disappointed?
- What is resilience?
- Describe how it felt when you achieved your goal?
- Can I tell you what my dreams and goals were when I was your age?
- How can you use this feeling the next time you are stuck?
- Does Calm Me time help you when you are feeling stuck?
- How does Jigsaw Jaz help you learn?

