

PSHE – Dreams and Goals

- This term our topic in PSHE is '**Dreams and Goals**'. At the start of every PSHE lesson, we spend a little bit of time being calm, thinking about our breathing and happy thoughts. We wonder if you could have a go at this at home? Normally we use a chime to ring and listen until the sound fades away. This video is a good alternative:
<https://www.youtube.com/watch?v=hzuqKhkwskw>
- This week in PSHE we are looking for children who can stay motivated when doing something challenging. We know that this is extremely hard to do at home so well done for trying your absolute best, we know you will all be doing so well!
- Have a look at the '**PSHE successes**' PowerPoint. Discuss what the word 'success' means with somebody at home. Have a look at the different photographs and think about the following questions: Do you see success in this picture? Why/why not? How do you think these people are feeling in each picture?
- Now tell somebody at home something that you feel proud about or something that you have achieved. *E.g swimming a certain distance, or about a time you helped another person do something.* How did this make you feel when you achieved or did this?
- Finally, have a go at completing your very own treasure chest, named 'PSHE successes worksheet', to keep those brilliant successes, achievements and your hopes for new achievements safe!

Good luck!

