

PSHE – Dreams and Goals Lesson 2

- Hopefully you all enjoyed your PSHE lesson last week thinking about your achievements and successes!
- As usual, at the start of every PSHE lesson, we would like you to 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=hzuaKhkwskw>
- This week in PSHE we are looking for children who keep trying even when it is difficult. You all amaze us every day at school with how hard you work and try, so we have no doubts that you are continuing to try your best at home! Well done!
- Think back to last week's challenge that you said you wanted to achieve this year (remember we said it could be to swim a certain distance or to help people in your community, for example).
- Have a look at the '**PSHE ladder to success**' worksheet. Write the goal/achievement that you want to achieve at the top and have a think about what you need to do first, second, after that etc to be able to reach your achievement this year. Colour in the step of the ladder that you think is going to be difficult to achieve. (Alternatively, you could write this out in your home learning book and draw your own ladder).
- Finally, fill in the speech bubble for Jigsaw Jo, what might they be saying to you to help you to persevere with the most difficult steps on the ladder?

Have fun!

