



Welcome back to lesson 4 of our '**Dreams and Goals**' PSHE topic!

- At the start of every PSHE lesson, we love to spend some time being calm, thinking about our breathing and happy thoughts.
- Listen to the chime below and concentrate on sitting up straight, relaxed and focus on your breathing. Think about your happy place, somewhere that you feel calm and relaxed.
- [Woodstock Zenenergy Chime - Solo, Silver - YouTube](#)





We are looking for...

- This week in PSHE we are **looking for children who have a positive attitude.**
- Hopefully last week you managed to learn a new skill (perhaps counting 1-10 in Spanish, learning the macarena or maybe you even started working towards your own goal that you want to achieve)!





What is a safe place?



- Today we are going to be thinking about a safe and happy place.
- Look at the pictures on the next slides. Listen to the relaxing music whilst you do this. Imagine the garden you see on the pictures in your own minds, the colours, the plants, the birds, the creatures, etc.
- Finally, tell somebody at home something that you saw. What might the birds be like in your 'garden of dreams and goals'?
- Tell somebody all about what you imagined.

















