

# PSHE

Dream and Goals

# Setting and achieving a goal

- <https://www.bbc.co.uk/teach/class-clips-video/grandma-and-mels-experience-of-learning-to-dance/zffgkmn>
- Discuss with your grown-up what goals and dreams they had when they were your age.
- What goals do you have? They can be small and big.
- Do these dreams feel realistic? Possible? Exciting? Daunting? How might you achieve these dreams? Share ideas with your grown-up then complete the task on the next slide.

# Task

- Please complete, take a photograph of your work and upload it to your portfolio.
- Take a piece of paper and write in fancy letters or blockletters one of your your goals. Also write how your dream makes you feel.
- Decorate your goal however you like. You can use ribbons, tinfoil, feltips... it's up to you. Make sure it reflects the feelings about your dream.