

Key Learning

How to recognise personal qualities and individuality

To develop self-worth by identifying positive things about themselves and their achievements

How their personal attributes, strengths, skills and interests contribute to their self-esteem

How to set goals for themselves

How to manage when there are set backs, learn from mistakes and reframe unhelpful thinking

PSHE – Y4

What strengths, skills and interests do we have? Knowledge Organiser

Key vocabulary

Self-esteem

Personal qualities

Goals

Set backs

Individuality

Achievements

Self-worth

Positive thinking

