



# Year 4 - Unit 3 Dreams and Goals

## Reflective question

How can I make a new plan and new goals even if I have been disappointed?



### Learning Intentions—PSHE

Can tell you about some of my hopes and dreams

Understand that sometimes hopes and dreams do not come true and that this can hurt

Know that reflecting on positive and happy experiences can help me to counteract disappointment

Know how to make a new plan and set new goals even if I have been disappointed

Know how to work out the steps to take to achieve a goal, and can do this successfully as part of a group

Identify the contributions made by myself and others to the group's achievement

### Learning intentions

#### Social and Emotional Development

Know how it feels to have hopes and dreams

Know how disappointment feels and can identify when I have felt that way

Know how to cope with disappointment and how to help others cope with theirs

Know what it means to be resilient and to have a positive attitude

Enjoy being part of a group challenge

Know how to share in the success of a group and how to store this success experience in my internal treasure chest

### Vocabulary

celebrate	to do special things to honour a person or an occasion or to express happiness concerning some event
cooperation	the act of working together
commitment	a pledge or obligation to fulfil an act or function
cope	to handle or deal with in a successful way
determination	the quality of having a firm goal or being determined
disappointment	the fact or feeling of being disappointed
dreams	a strong hope or goal
enterprise	a business idea or organisation
evaluate	to judge the level or value of
goal	a result or end that a person wants and works for; aim or purpose
hurt	to cause painful feelings
motivated	to cause to move or act by giving incentive or inspiration
perseverance	to continue in a task with determination
positive attitudes	to be certain or sure about one's thoughts
resilience	the capacity to withstand and recover quickly
self-belief	a person's belief in their ability to complete tasks and achieve their goals
strengths	Things that you are good at or positive qualities
success	a person or thing that does or goes well



### The Jigsaw Charter

We take turns to speak  
We use kind and positive words  
We listen to each other  
We have the right to pass  
We only use names when giving compliments or when being positive  
We respect each other's privacy (confidentiality)