



Year 3 - Unit 1 Being me in my world

Reflective question

How important is it to set goals and recognise my achievements?



Learning Intentions—PSHE

Recognise my worth and can identify positive things about myself and my achievements. Set personal goals. Know how to use my Jigsaw Journal.

Can face new challenges positively, make responsible choices and ask for help when I need it

Understand why rules are needed and how they relate to rights and responsibilities

Understand that my actions affect myself and others and I care about other people's feelings

Can make responsible choices and take action

Understand my actions affect others and try to see things from their points of view

Learning intentions

Social and Emotional Development

Value myself and know how to make someone else feel welcome and valued

Recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions

Know how to make others feel valued

Understand that my behaviour brings rewards/consequences

Can work cooperatively in a group

Choosing to follow the Learning Charter

Vocabulary

achievements	something achieved through hard work, courage, or skill
acknowledge	to admit the truth or existence of
actions	something that is done for a particular purpose
affirm	to state or declare as true
challenge	an interesting or difficult problem or task
choices	the act of picking or choosing
consequences	a result or effect
cooperation	the act of working together
dream	a series of pictures or visions that a sleeping person experiences
emotions	a strong feeling such as joy, hatred, sorrow, or fear
fairness	according to the rules
fears	a strong feeling one gets when one expects danger or pain
feelings	an emotion
group dynamics	How a group of people work together
learning charter	agreed rules to follow at school
nightmare	a frightening dream
personal goal	setting a target for yourself
praise	words that show admiration or respect
proud	feeling pleased and satisfied because of something one owns or has done
responsibilities	something for which a person is responsible; duty
rewards	something of value that is promised to someone for good works or deeds
rights	in keeping with the rules of justice, law, or society
solutions	the act or process of solving a problem or question
support	to help during a time of trouble or stress
valued	the worth, importance, or usefulness of something
view point	an opinion about something
welcome	a warm or friendly greeting
worries	a cause of troubled or anxious feelings

