



# 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                                 |

