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| **Knowledge Organiser – Year 4 – PSHE/RSE** | |
| **– Health and Wellbeing – What strengths, skills and interests do we have?**  – Self-esteem: self-worth; personal qualities; goal setting; managing set backs | |
| **What do I already know?** |  |
| * Learning is how we learn to do new things, and it is not always easy. * To be at our best, we should try to live healthily, understand our bodies, and help ourselves and one another. * Everyone is good at something. We should understand what our talents are, and also list some things that we can improve upon. |
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| **What should I be able to do at the end of the topic?** |
| * How to recognise personal qualities and individuality * To develop self-worth by identifying positive things about myself and my achievements * How my personal attributes, strengths, skills and interest contribute to my self-esteem * How to set goals for myself * How to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking |
| **Key Vocabulary** |