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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
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| **Key Vocabulary** |