

Leintwardine Endowed CE Primary School Learning Journey Key

'Letting Our Light Shine'





SUBJECT : PSHE

YEAR : B

TERM : Summer 1

YEAR GROUPS : 1/2

Key Question: How does thinking positive help my mental health?

Question	Vocabulary to Use	Information which will help me	Can I....?
<p>Why are happy thoughts important?</p> <p>How do my choices impact my decisions?</p> <p>What goals would I like to achieve?</p> <p>How would I deal with feelings I do not like?</p> <p>What in my life am I thankful for?</p> <p>How do I feel now?</p>	<p>Feelings, thoughts, positive, negative, bodies, family, outside, enjoyment, choice, behave, calm, angry, unkind, kind, moods, impact, decisions, goals, future, aims, achieve, experience, help, recognition, opinions, difficult, cope, thankful, focus, mindful</p>	<div data-bbox="779 416 1133 480" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>What is positive thinking?</p> </div> <p data-bbox="613 523 1021 576">Well, being positive means looking for the good in things, rather than the bad.</p> <p data-bbox="613 608 1010 687">A positive thinker focuses on making the best of a situation, rather than complaining about it.</p> <p data-bbox="613 719 1003 767">Positive thinkers are said to 'look on the bright side'.</p> <div data-bbox="1043 528 1312 759" style="text-align: center;">  </div> <div data-bbox="1323 488 1693 655" style="border: 1px solid black; padding: 5px;"> <p>How can we help others who are finding something tricky?</p> </div> <div data-bbox="1256 703 1648 959" style="border: 1px solid blue; border-radius: 50%; padding: 10px; text-align: center;"> <p>What can we do if we find something challenging?</p> </div> <div data-bbox="1648 568 1850 1038" style="text-align: center;">  </div> <div data-bbox="618 871 1055 1007" style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Do good choices make people happy?</p> </div> <div data-bbox="607 1031 1095 1294" style="text-align: center;">  </div> <div data-bbox="1312 1046 1700 1118" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Finish the sentence..</p> </div> <div data-bbox="1223 1126 1827 1437" style="text-align: center;">  </div>	<p>Identify my own strengths and weaknesses?</p> <p>Recognise others strengths and weaknesses?</p> <p>Consider what makes me special?</p> <p>Explain a positive learning attitude?</p> <p>Define what I want to be when I grow up?</p> <p>Consider what I would like to achieve in the future?</p> <p>Listen to others choices about their future?</p> <p>List what happens as I grow up?</p> <p>Address my feelings changing?</p>