

Leintwardine Endowed CE Primary School Learning Journey Itinerary

'Letting Our Light Shine'

SUBJECT : PSHE

YEAR : A

TERM : Autumn 2

YEAR GROUPS : 5/6

Key Question: How can I think positively?

Previous Knowledge –

- understand that it is important to look after our mental health.
- recognise and describe a range of positive and negative emotions.
- discuss changes people may experience in their lives and how they might make them feel.
- talk about things that make them happy and help them to stay calm.
- identify uncomfortable emotions and what can cause them.
- discuss the characteristics of a good learner.

END OF UNIT OBJECTIVES

Some children will not yet have met what is expected and will show that they are **emerging** because they can:

- > Talk about my feelings, thoughts and behaviours
- > Identify unhelpful and helpful thoughts
- > Explain how positive thinking can be beneficial
- > Identify and discuss uncomfortable emotions
- > Identify common choices we make in life
- > Use mindfulness techniques
- > Describe what a good learner is
- > Explain overcome difficulties or face challenges

Most children will show that they have reached the **expected** level because they can:

- > Talk about my feelings, thoughts and behaviours
- > Name some strategies to deal with unhelpful thoughts
- > Know how to make an informed choice
- > Explain how mindfulness techniques can be used in their everyday lives.
- > Identify unhelpful and helpful thoughts
- > Explain how positive thinking can be beneficial
- > Identify and discuss uncomfortable emotions
- > Identify common choices we make in life
- > Use mindfulness techniques
- > Describe what a good learner is
- > Explain overcome difficulties or face challenges

Some children will have gone beyond the expected level and will show that they are **exceeding** because they can:

- > Talk about my feelings, thoughts and behaviours
- > Name some strategies to deal with unhelpful thoughts
- > Know how to make an informed choice
- > Explain how mindfulness techniques can be used in their everyday lives.
- > Identify unhelpful and helpful thoughts
- > Explain how positive thinking can be beneficial
- > Identify and discuss uncomfortable emotions
- > Identify common choices we make in life
- > Use mindfulness techniques
- > Describe what a good learner is
- > Explain overcome difficulties or face challenges
- > Discuss the impact negative thoughts can have on ourselves and others.
- > Generate their own positive affirmations.
- > Confidently employ strategies for coping with unhelpful thoughts and uncomfortable emotions.
- > Predict the consequences linked to certain choices.
- > Recognise when different mindfulness techniques might be useful.
- > Independently employ mindfulness techniques.
- > Independently use a range of strategies to overcome difficulties or face challenges.

ASSESSMENT OPPORTUNITIES

- End of unit quiz.
- Questioning during lessons.
- Class discussions.
- Work created.

ENRICHMENT OPPORTUNITIES
Helping children to remember more

SUBJECT SPECIFIC VOCABULARY

thoughts, feelings, behaviour, cognitive, influence, impact, affect, link, reaction, positive, negative, comfortable, uncomfortable, anxiety, guilt, blame, worry, fear, anger, panic, stress, avoidance, helpful, unhelpful, comfortable, behaviour, emotions, coping, strategies, techniques, choices, decisions, actions, consequences, impact, independent, responsible, safe, morals, pros, cons, mindful, mindfulness, present, focus, calm, still, positive, experience, techniques, attitude, learning, mistake, opportunities, challenge, difficulties, goals, success, failure, achievements, progress

CROSS-CURRICULAR LINKS
Links that we can make to help children make sense of what we want them to know and be able to do.