

Key Content

- know how to work with others to make the world a better place

- identify problems in the world and talk to others about them

- know how to work with others to make the world a better place

Key Vocabulary

Knowledge

Key Information

RESILIENCE

GOAL SETTING with realistic expectations

SELF ESTEEM

LEARNING from their MISTAKES

Ability to recognise their own EMOTIONS and that of others

Understanding and ACCEPTANCE of their own strengths and weaknesses

CONNECTED to their school & community

SELF CONTROL

COPING STRATEGY
When I'm stress I will 1) Talk about it and write it out 2) go for a walk 3) Play a video game/ do crafts etc.

Problem SOLVING skills

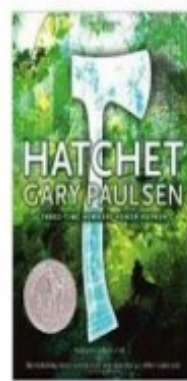
WILLINGNESS to overcome difficulties rather than AVOID PROBLEMS

SOCIAL SKILLS and ability to seek assistance from others

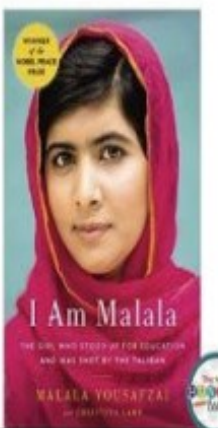
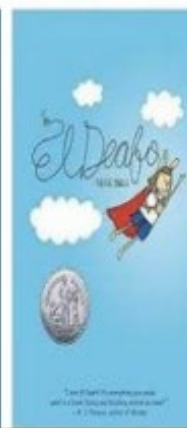
OPTIMISTIC thinking patterns

JONNY SHANNON.COM

CHARACTER & PERSEVERANCE



Suggested books that complement the Year 5 PSHE curriculum



- 1 Take action.
- 2 Try hard.
- 3 Keep practicing.
- 4 Explore a different way.
- 5 Ask someone for advice.
- 6 Do your best.
- 7 Learn how others did it.
- 8 Build upon your strengths.
- 9 Review and fix mistakes.
- 10 Don't give up.