

Leintwardine Endowed CE Primary School Learning Journey Itinerary

‘Letting Our Light Shine’

SUBJECT : PSHE –Positive thinking	YEAR : B	TERM: Summer 1	YEAR GROUPS : 1/2
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Key Question: How does thinking positively affect my mental health?

Previous Knowledge – We would expect children to already be able to:

- How other people feel happy and sad
- Understand what makes them happy and sad
- Sit and listen to others and how they feel
- The difference between positive and negative feelings

END OF UNIT OBJECTIVES

Some children will not yet have met what is expected and will show that they are emerging because they can:	Most children will show that they have reached the expected level because they can:	Some children will have gone beyond the expected level and will show that they are exceeding because they can:
<ul style="list-style-type: none"> • identify and discuss feelings and emotions, using simple terms. • describe things that make them feel happy and unhappy. • understand that they have a choice about how to react to things that happen. • talk about personal achievements and goals. • describe difficult feelings and what might cause these feelings. • discuss things for which they are thankful. • focus on an activity, remaining calm and still 	<ul style="list-style-type: none"> • recognise and describe positive thoughts and negative thoughts. • think about and discuss the consequences of decisions they make and their actions. • set goals for themselves and think about how they might achieve them. • recognise triggers for certain emotions. • describe ways to show or give thanks for what we have. • describe what being mindful is. 	<ul style="list-style-type: none"> • identify unhelpful thoughts and understand that our thoughts can affect how we feel. • develop strategies for dealing with unhelpful thoughts and not-so-good feelings. • apply the elements of growth mindset towards learning. • appreciate and explain how being thankful can help make us happier. • appreciate and explain how being mindful can help make us happier.

ASSESSMENT OPPORTUNITIES

- Contributions to class discussion
- Completed worksheets
- Photographed activities on Seesaw

ENRICHMENT OPPORTUNITIES Helping children to remember more Working in groups Discussions about how they are different Bring in a special item that makes them feel happy and discuss	SUBJECT SPECIFIC VOCABULARY 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	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.
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