

Leintwardine Endowed CE Primary School Learning Journey Key

'Letting Our Light Shine'

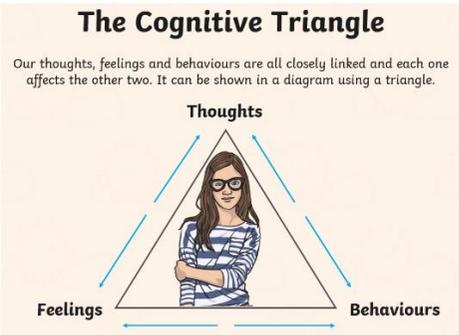
SUBJECT : PSHE

YEAR : 3/4

TERM : Spring

YEAR GROUPS : 3/4

Key Question : How can I think positively?

Question	Vocabulary to Use	Information which will help me	Can I....?
What is the cognitive triangle?	thoughts, feelings, behaviour, cognitive, influence, impact,	 <p>The Cognitive Triangle Our thoughts, feelings and behaviours are all closely linked and each one affects the other two. It can be shown in a diagram using a triangle.</p>	• talk about their thoughts, feelings and behaviours?
Are thoughts always fact?	affect, link, reaction, positive, negative, comfortable, uncomfortable,		• identify unhelpful and helpful thoughts?
How can I face my feeling?	anxiety, guilt, blame, worry, fear, anger, panic, stress,		• suggest outcomes linked to certain thoughts, feelings and actions?
How can my choices have consequences?	avoidance, helpful, unhelpful, coping, techniques, emotions, decisions, choices,	<p>What Makes a Good Learner?</p> <ul style="list-style-type: none"> Learning from mistakes. Knowing all the right answers. Trying different approaches to a task. Asking lots of questions. Asking someone else for the answers. Finishing the task before anyone else. Using books and other resources to assist with a task. Listening to feedback on how to improve. Sticking to the things you are good at. Explaining what you have learnt to someone else. Sharing ideas with others. 	• discuss ways in which positive thinking can be beneficial?
What is being present?	actions, safe, moral, pros, cons, consequences, mindset, attitude, learning, mistake,		• identify and discuss uncomfortable emotions?
Can I do anything?	opportunities, challenge, difficulties, goals, success, failure, achievements, progress strategies		• identify common choices we have to make in life?
			• use basic mindfulness techniques, when guided? • describe what makes a good learner?