

# Leintwardine Endowed CE Primary School Learning Journey Key

'Letting Our Light Shine'


SUBJECT : PSHE

YEAR : A

TERM : Summer 1

YEAR GROUPS : 3/4

Key Question : How can I be myself?

Question	Vocabulary to Use	Information which will help me	Can I....?
What is pride?	feelings, emotions, happy, sad, worried, scared, nervous, excited, cross, angry, mental health, emotional wellbeing, uncomfortable, comfortable, sad, happy, angry, cross, worried, nervous, excited, calm, hide, share, talk, secret, coping strategies, assertive, forceful, rude, pushy, resolve, resolution, pressure, resist, confident, dares, media, mind, media, influence, opinion, thoughts, feelings, manipulated, advertisements, edited, mistake, right, better, sorry, feel, help, strategies, consequences, effects, impact	 <div data-bbox="1187 470 1792 718"> <p><b>We can be passive.</b></p> <p>If you respond in a passive way, it means that you might feel uncomfortable in a situation but you don't say what you really think or feel. You just put up with the situation and might even feel like you have to say sorry for your thoughts and opinions.</p> </div> <div data-bbox="1187 734 1792 1029"> <p><b>We can be aggressive.</b></p> <p>If you respond aggressively, you share your thoughts and how you feel in a way that makes other people feel uncomfortable. Aggressive words and actions can hurt others and their feelings. Aggressive behaviour makes people with a different view feel unable to confidently voice their thoughts and opinions.</p> </div> <div data-bbox="1187 1045 1792 1332"> <p><b>We can be assertive.</b></p> <p>If you respond in an assertive way, it means that you confidently share your thoughts and how you feel but that you don't hurt others with your words or actions. An assertive person knows their own mind and is honest about their own thoughts and feelings without being rude or dismissive of someone else's. Assertive behaviour is firm and confident but also respects that others will think differently.</p> </div>	<ul style="list-style-type: none"> <li>• list some of their achievements and say why I am proud of them</li> <li>• identify facial expressions associated with different feelings</li> <li>• describe some strategies that they could use to help them cope with uncomfortable feelings</li> <li>• suggest assertive solutions to scenarios</li> <li>• explain that the messages I receive from the media about how I should look, think and behave are not always realistic</li> <li>• suggest ways to make things right after a mistake has been made</li> <li>• explain that mistakes help me to learn and grow.</li> </ul>
What different feelings are there?			
How can I express myself?			
How can I know my mind?			
What is being 'Media-Wise' ?			
How can I make something right?			

**FACTS**  
*Tell us what happened and can be proven true or false.*

**OPINIONS**  
*Are attitudes or judgements that can't be proven right or wrong.*