

Leintwardine Endowed CE Primary School Learning Journey Key

'Letting Our Light Shine'

SUBJECT : PSHE

YEAR : A

TERM : Autumn 2

YEAR GROUPS : Year 5/6

Key Question : How can I think positively?

| Question | Vocabulary to Use | Information which will help me | Can I....? | | | | | | | | | | | | | | | | | | | | |
|--|---|--|--|---|-------------------------------|-----------------------------------|----------------------------|-------------------------|------------------------------|-----------------------------|---------------------------|---------------------------------------|---------------------------|-------------------------|-------------------------|------------------------------------|---------------------------------------|--|---|--|---------------------------------|-------------------------------|--|
| <p>What is the Cognitive Tringle?</p> <p>Are thoughts facts?</p> | <p>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</p> | <div data-bbox="784 451 1310 901"> </div> <div data-bbox="1321 451 1825 774"> <p>Dealing With Unhelpful Thoughts</p> <ul style="list-style-type: none"> Use worry dolls or a worry monster. Share your thoughts with someone you love and trust. Write your thoughts down in a thought journal. Listen to the unhelpful thoughts and talk back to them. Remind yourself that thoughts are not facts! </div> <div data-bbox="1075 901 1612 1077"> <p>Mindfulness, or being mindful, means being conscious or aware of something. It means focusing on the present moment so that we can acknowledge and accept our thoughts, feelings and the sensations in our bodies.</p> </div> <div data-bbox="784 1077 1400 1428"> <table border="1"> <thead> <tr> <th>Someone with a growth mindset would say...</th> <th>Someone with a fixed mindset would say...</th> </tr> </thead> <tbody> <tr> <td>I learn from others' success.</td> <td>I am jealous when others do well.</td> </tr> <tr> <td>I use feedback to improve.</td> <td>I don't like criticism.</td> </tr> <tr> <td>I try to overcome obstacles.</td> <td>I give up when I get stuck.</td> </tr> <tr> <td>I embrace new challenges.</td> <td>I like to do things I can already do.</td> </tr> <tr> <td>I learn from my mistakes.</td> <td>I fear making mistakes.</td> </tr> <tr> <td>I try to problem-solve.</td> <td>I get others to solve my problems.</td> </tr> <tr> <td>I know it requires effort to improve.</td> <td>I don't like to put effort into tasks.</td> </tr> <tr> <td>I believe you can do things you put your mind to.</td> <td>I think some people are just good at certain things.</td> </tr> <tr> <td>I am curious and ask questions.</td> <td>I wait to be told what to do.</td> </tr> </tbody> </table> </div> <div data-bbox="1433 1316 1825 1428"> <p>Having more information means you can make what is called an informed choice.</p> </div> | Someone with a growth mindset would say... | Someone with a fixed mindset would say... | I learn from others' success. | I am jealous when others do well. | I use feedback to improve. | I don't like criticism. | I try to overcome obstacles. | I give up when I get stuck. | I embrace new challenges. | I like to do things I can already do. | I learn from my mistakes. | I fear making mistakes. | I try to problem-solve. | I get others to solve my problems. | I know it requires effort to improve. | I don't like to put effort into tasks. | I believe you can do things you put your mind to. | I think some people are just good at certain things. | I am curious and ask questions. | I wait to be told what to do. | <ul style="list-style-type: none"> > 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? |
| Someone with a growth mindset would say... | Someone with a fixed mindset would say... | | | | | | | | | | | | | | | | | | | | | | |
| I learn from others' success. | I am jealous when others do well. | | | | | | | | | | | | | | | | | | | | | | |
| I use feedback to improve. | I don't like criticism. | | | | | | | | | | | | | | | | | | | | | | |
| I try to overcome obstacles. | I give up when I get stuck. | | | | | | | | | | | | | | | | | | | | | | |
| I embrace new challenges. | I like to do things I can already do. | | | | | | | | | | | | | | | | | | | | | | |
| I learn from my mistakes. | I fear making mistakes. | | | | | | | | | | | | | | | | | | | | | | |
| I try to problem-solve. | I get others to solve my problems. | | | | | | | | | | | | | | | | | | | | | | |
| I know it requires effort to improve. | I don't like to put effort into tasks. | | | | | | | | | | | | | | | | | | | | | | |
| I believe you can do things you put your mind to. | I think some people are just good at certain things. | | | | | | | | | | | | | | | | | | | | | | |
| I am curious and ask questions. | I wait to be told what to do. | | | | | | | | | | | | | | | | | | | | | | |
| <p>How can I face my feelings?</p> | | | | | | | | | | | | | | | | | | | | | | | |
| <p>How do my choices have consequences?</p> | | | | | | | | | | | | | | | | | | | | | | | |
| <p>Why is it important to be present?</p> | | | | | | | | | | | | | | | | | | | | | | | |
| <p>What can I do?</p> | | | | | | | | | | | | | | | | | | | | | | | |