

Year 3 and 4: Health and Wellbeing

Subject Specific Vocabulary

What strengths, skills and interests do we have?



Interesting Books



Previous Learning

- I know how to recognise, name and describe feelings
- I understand what helps me feel good, or better if I'm not feeling good
- I have learnt different ways to manage big feelings and the importance of sharing them with someone I trust
- I can recognise when I might need help with feelings and how to ask for help when I need it

What I will learn by the end of this topic:

- how to recognise personal qualities and individuality
- to develop self-worth by identifying positive things about themselves and their achievements
- how my personal attributes, strengths, skills and interests contribute to their self-esteem
- how to set goals for myself
- how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking

Qualities

This is made up of attributes and characteristics such as skills and strengths.

Positive attitude

A state of mind that envisions and expects the best results. It is optimism and maintaining a positive mindset.

Self-esteem

Confidence in your own worth or abilities

Self-worth

Another term for self-esteem

Attributes

To have an effect on the character or behaviour of someone.

Resilience

The capacity to recover quickly from difficulties; toughness.

Aspirations

The hope or ambition to achieve something.

Goals

An idea of the future that a person envisions, plans and commits to achieve within a set deadline.

Think positively
& positive things
will happen