

Y4 PSHE Knowledge Organiser

UNIT 3: Dreams and Goals

How can I overcome obstacles when working towards a goal?



My Key Learning

I will explore...

- How it feels to have hopes and dreams
- How disappointment feels and how to cope with it
- How to help others cope with disappointment
- How to be resilient and have a positive attitude
- How it feels to rise to a group challenge and share our success



RESILIENCE
is the ability
to find the inner
strength to bounce
back from a
SET-BACK OR CHALLENGE



Key Vocabulary	Definition
appearance	The way that someone or something looks.
commitment	A promise or firm decision to do something.
cope	The way in which a person deals with something difficult.
determination	The ability to continue trying to do something, although difficult.
disappointment	Something or someone that is not what you were hoping it would be.
fear	An unpleasant emotion that you have when frightened or worried.
positive attitude	To be full of hope and confidence.
resilience	The ability to be happy/successful again after something difficult has happened.
Self-belief	To trust in your own abilities.

I will learn about...

- What my hopes and dreams are
- How to manage feelings of disappointment
- How it might help to think positively and reflect on my experiences
- How to change and make new plans
- How to take small steps to achieve a goal on my own or as part of a group

