

PSHE Knowledge Organiser

Year 4- What strengths, skills and interests do we have?

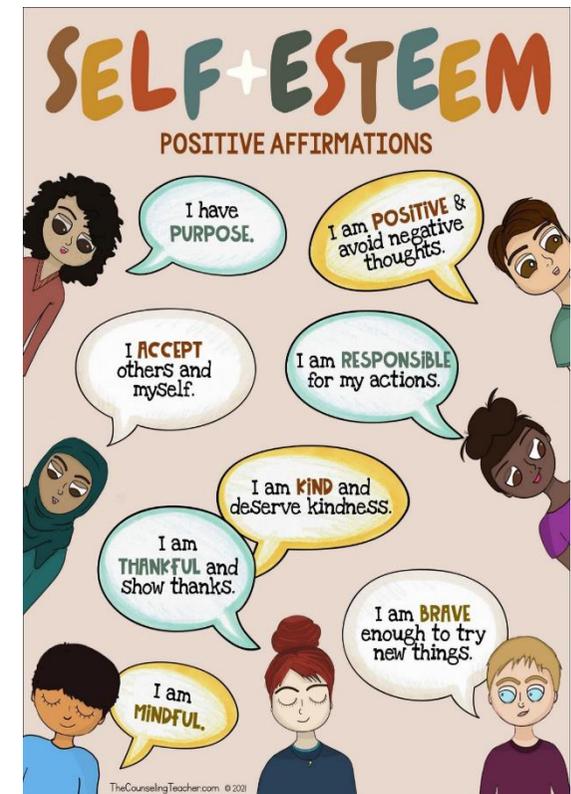
Key Vocabulary	Definition
Self-esteem	Self-esteem is the way people think about themselves, and how worthwhile they feel
self-worth	Another term for self-esteem.
personal qualities	The characteristics that make up your personality.
goal setting	Deciding what you want to achieve.
set backs	When something happens to stop or slow down a plan.

Prior Knowledge
Year 3 - How can we be a good friend?

Possible experiences
Nurture your talent/hobby after school.
Talent show.

In this unit we will learn...

- how to recognise personal qualities and individuality
- to develop self-worth by identifying positive things about Yourself and your achievements
- how your personal strengths, skills and interests contribute to your self-esteem
- how to set goals
- how to manage when there are set-backs and learn from mistakes.



We are all unique!

We are all unique and this should be celebrated. Everybody has valuable contributions to make. Strengths and interests form part of a person's identity. It is important to voice our thoughts and feelings. This can help us manage our emotions and responses to situations. Self-confidence is how secure you feel in yourself and your abilities.

unique