

PSHE Knowledge Organiser Y3/4 – Mental Health and Wellbeing: Strengths and Challenges.



Key Vocabulary

Challenge	To try something that is tricky and out of your comfort zone.
Skills	Being able to do something well.
Strengths	Things you can do really well.
Learning style	The best way you learn, it's particular to you. The four core learning styles include visual, auditory, reading and writing, and kinaesthetic
Put-up	Confidence boosting comments or self-talk.
Put-down	Comments or actions that are negative and unhelpful.
Set-backs	Disappointments or when you can't do something right away, or if something happens that stands in the way of completing a task or reaching a goal.

Questions to think about ...

How do you approach challenges? What is your learning style?

Why might people give put-downs (including that sometimes people give themselves put-downs)?

Which strategy do you like the best for dealing with set-backs?

talking to someone, taking a reality check, concentrating on the good or funny bits of a situation, accepting there are some things you cannot change and identifying the things you can, knowing you can learn from mistakes, asking for help.



Help, support and advice and useful websites:

Always talk to a trusted adult or someone who helps keep you safe and healthy, such as a parent, carer or teacher

Call ChildLine: 0800 11 11 www.childline.org.uk

Keeping a diary and writing to do lists can help when setting challenges and reaching goals.

Children's literature to support the topic:

- How to catch a star, Oliver Jeffers
- Dr Seuss – Oh the places you'll go
- Wonder goal, Michael Foreman
- Poem – The wrong start by Marchette Chute
- Lizzy's ups and downs: NOT an ordinary school day, Jessica Harper
- Alexander and the terrible, horrible, no good, very bad day, Judith Viorst

Assessment

- to explain how it feels to be challenged, try something new or difficult
- to plan the steps required to help achieve a goal or challenge
- to celebrate my own and others skills, strengths and attributes
- to explain what is meant by a put-up or put-down and how this can affect people
- to learn strategies for dealing with put-downs
- to recognise what is special about themselves
- to describe how it feels when there are set-backs
- to know some positive ways to manage set-backs and how to ask for help or support
- to recognise that everyone has set-backs at times, and that these cannot always be controlled