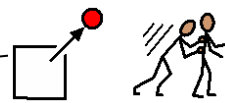


Year 4 Managing Myself and My Behav-

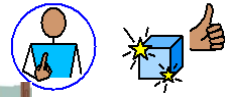
Spring 2



How can we manage our behaviour with external pressures?

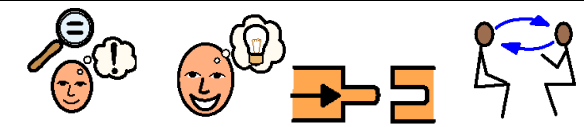


How can I set up realistic goals based on my personal qualities?

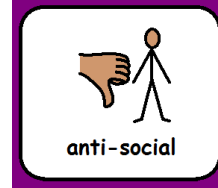
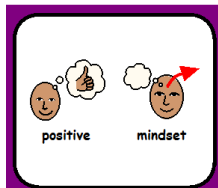
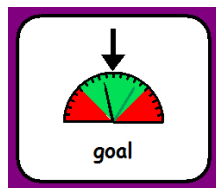


Key Vocabulary	Definition
goals	Targets that we want to achieve.
Positive mindset	Mental and emotional attitude that focuses on the bright side of life and expects positive results.
realistic	Ready to see things as they really are.
restrictions	Law or rules that limit.
anti-social	Violent or harmful for people.
illegal	Not allowed by law.
identity	Qualities and beliefs that make one person or a group different from others.

Key Outcomes
I can recognise personal qualities and how to set realistic goals .
I can recognise the difference between having a goal and having a dream.
I can know the rules and laws that exist to keep us safe.
I know how to identify and manage risk .
I understand the influence of peers on our behaviour.
I recognise the feelings we experience from being online .



Key Skills
I can draw upon evidence and my own experiences.
I can show willingness to illustrate the ideas of others with own experiences.
I can identify associated concepts and explain their relevance and connections.
I can empathise with how others are feeling and thinking about things.
I know how to encourage others to join in discussion.
I can suggest reasoned conclusions.



Who Can you turn to for help and Support?	
Parents or trusted family member	Helpline: 0808 800 5000 (24 hours, every day) https://www.nspcc.org.uk
Your Doctor or Practice Nurse	Helpline: 0800 1111(24 hours, every day) https://www.childline.org.uk
Teachers or School Staff	https://www.nhs.uk/live-well