

# Year 4 Blackbirds

## PSHE

Autumn 1



# Strengths, Skills

and

# Interests.

**SMART Goal Planning**

**S SPECIFIC** What EXACTLY do you want to accomplish?

**M MEASURABLE** How will you know when you meet your goal?

**A ATTAINABLE** Is it possible to meet this goal with effort by your timeline?

**R RELEVANT** Is this goal worth working hard to accomplish?

**T TIMELY** What is the deadline you set to meet your goal?

*A goal without a plan is just a wish. --Antoine De Saint Exupery*

Setting realistic **goals** will help you to build on the **strengths, skills and interests** you already have.

What **goals** could you set for yourself?

What **strengths, skills and interests** do you have?

How can you share these with your friends?

Key Vocabulary	Definition
positivity	To think about something in a good way
skill	The ability to do a task well
interest	When you enjoy doing something
resilience	The ability to 'bounce back' from mistakes or set-backs
individual	A single person in a group who brings different qualities to an activity
self-esteem	How much you appreciate and like yourself
self-worth	The internal sense of being good enough and worthy of love and belonging from others (the way you feel inside)
goal	A target or achievement
strength	Something you can do well
attributes	A quality you possess
setbacks	When something does not go the way you expect it to, and you have to stop and think of an alternative
mistakes	Doing the wrong thing; not understanding something so not being able to complete a task
SMART	An acronym to help with setting goals – Specific, Measurable, Attainable, Relevant, Timely



Some strengths, skills and interests you could have. What other examples of strengths, skills and interests can you think of?

# Life Skills

Our lessons will include the following;

- How to recognise personal qualities and individuality.
- To develop self-worth by identifying positive things about ourselves and our achievements.
- How personal attributes, strengths, skills and interests contribute to self-esteem.
- How to set goals.
- How to manage setbacks and learn from mistakes.

