

Year 4 Red Kites Life Skills Spring 2

Strengths, Skills and

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

Self-esteem

Self-esteem is liking yourself, feeling worthwhile, believing in yourself and knowing what you do well. Self-esteem gives you confidence to:

- try new things
 - try again when things don't go as planned
 - do things that you might not enjoy or normally be good at.
- If you have low self-esteem, it means you are probably low on confidence, more likely to see things in a negative light. If your self-esteem is high then you're better at self-love and more positive about life in general.



Understanding Myself

You are your own expert! You know yourself better than anyone else, but it's sometimes hard to think about and celebrate our achievements and strengths. In growing and learning, it's important to remember that we can always try to become the best version of ourselves in everything we do

When aiming higher, think about:

- What have you achieved over the last year and what are you proud of?
- How can you identify and reflect on your achievements, attributes, strengths and skills.
- How did your behaviour and attitudes help you to achieve?
- What behaviours can help you to learn new things?
- What can we do when we find our learning challenging?
- What might we like to do when we grow up and what skills would we need to develop in order to achieve this?

Going For Goals

A goal without a plan is just a wish! Setting realistic goals will help you to build on the strengths, skills and interests you already have. SMART planning can help:

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?

What goals could you set for yourself?

What strengths, skills and interests do you have?

How can you share these with your friends?

Marvellous Me