

# PSHE- Year 3- Mental health and wellbeing, strengths and challenges



## Key Vocabulary

1. Challenge - a task or situation that tests your abilities.
2. Set-back - when things don't go to plan and you stop making progress towards your goal.
3. Put-up - to help someone feel better about themselves and help them towards their goals.
4. Put-down - to make someone feel bad about themselves and put them off achieving their goals.
5. Attribute - a quality that someone has.

## Important Questions

Think about a time when you overcame a challenge and were successful. How did it make you feel? Think about a time when you found something very challenging. How did it make you feel? What did you do to make sure that you carried on trying?

## Key Points I will learn

1. How it feels to be challenged.
2. How to plan towards achieving a goal.
3. How to celebrate the successes, strengths, skills and attributes of yourself and of others.
4. The difference between a "put-up" and a "put-down."
5. To recognise what is special about yourself.
6. How it feels to have a set back in your life.
7. How to deal with setbacks and move on from them.
8. To recognise that everyone will have setbacks at some point in their lives.
9. That we can't control the set back but that we can control how we respond to them.

