



Class Tamar

PSHE

Dreams and Goals

I can tell you about some of my hopes and dreams!

My dream is to become a professional musician.

My dream is to become a professional footballer!

I want to be a farmer when I'm older.

I want to be a Primary School Teacher.



I understand that sometimes my hopes and dreams do not come true and that this can hurt.



As long as you try your best, you can be proud!



I feel quite sad when I don't achieve what I expected to.



I know that reflecting on positive and happy experiences can help me to counteract disappointment.

I try to remember other things that I have achieved to make me feel happy and proud of myself.

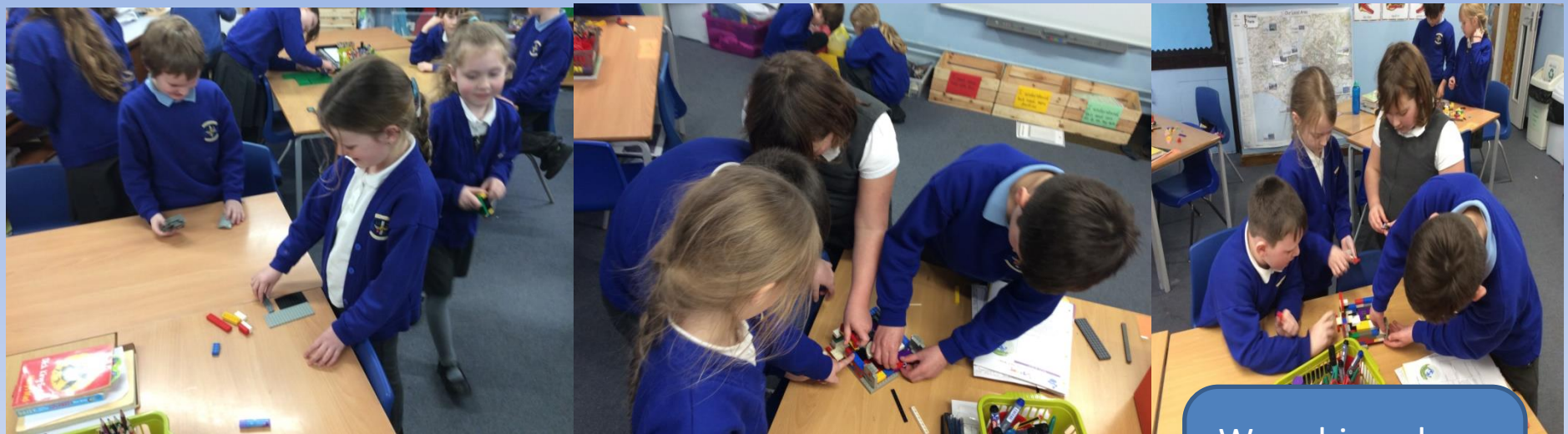


Achieving our goals and dreams takes resilience and hard work.

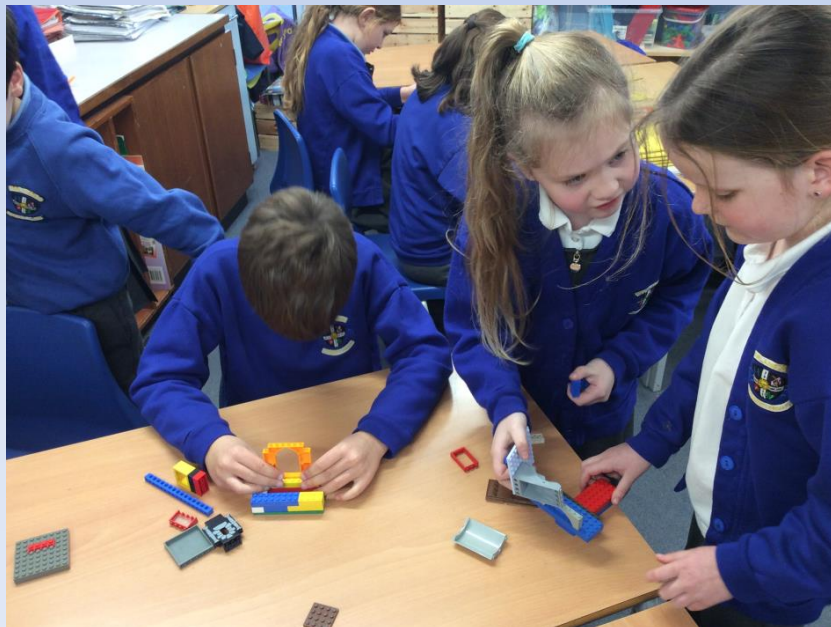
Making steps towards my goal helps me think about how I will get there.

I know how to make a new plan and set new goals even if I have been disappointed.

I can identify the contributions by myself and others to a group achievement.



We helped each other by respecting each others ideas and talking through what we needed to do.



We achieved our goal together! It was a team effort.

