



Moor
First School

Year 2

Autumn 1

Moor First PSHE
Knowledge
Organiser – Think
Positive

Key Vocabulary

positive	Looking for the good in a situation rather than focusing on the bad.
happy	A comfortable feeling we get when we are enjoying what we are doing.
challenge	Something we may find tricky but that we can work to do well at.
emotions	The way we feel about things that are happening.
thoughts	Ideas we have inside our mind.
choices	Options we have about what to do.
consequences	Things that happen as a result of something else.
decisions	Choices we make when offered options.
persevere	To keep on trying.
resilience	To keep trying when we find something difficult.
achieve	To complete or do well at a task or goal.
mindset	Our attitude towards something.
thankful	A feeling we get when we are grateful for and appreciate something.
mindful	Focusing on and being aware of something. Focusing on what we are doing now, how we are feeling and giving our minds time to relax.

What should I already know?

Key Learning Point: Having a Positive Learning Attitude

Self-talk to help a positive learning attitude:

- I want to try my best with this learning task;
- If I keep trying, I will improve;
- By learning from my mistakes, I can get better;
- This is a new challenge for me and I like learning new things;
- I can't do this yet, but I will.

Sticky Knowledge

Key Learning Points:

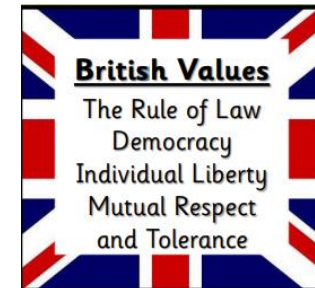
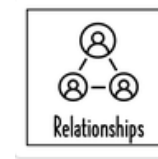
Helping Our Bodies and Minds to Feel Good:

To help our minds and bodies feel good we can:

- play outside;
- do things we enjoy;
- spend time with family and friends;
- eat a balanced diet;
- get enough sleep;
- think of things we are **thankful** for;
- enjoy some calm or **mindful** activities.



Weaving Concepts



Having a Positive Mindset for Learning: There are lots of ways we can help ourselves approach tasks with a positive **mindset**. This way we can see **challenges** as exciting and help ourselves try new strategies to **achieve** our goals. It can help if we remember **positive** words and phrases:

- I can do this!
- If I keep trying I will succeed.
- Is there another way I could complete this **challenge**?
- Are there resources that can help me?
- Is there someone who I can talk to about this **challenge**?
- I am going to try my best!