

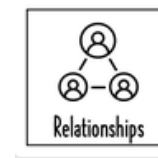
Year 4

Autumn 1

Moor First PSHE
Knowledge
Organiser – Think
Positive



Weaving concepts



What should I already know?

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.



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!

Key Learning Point:

Looking After Our Mental Health and Wellbeing: Adopting a positive **mindset** can contribute to our self-care routine for our **mental health** and wellbeing. There are many other things we can do to support our **mental health** and wellbeing as well. These include:

- spending time with family, friends and people we feel close to;
- enjoying hobbies, crafts or other focused activities;
- getting active and playing games;
- spending time in nature;
- showing kindness to ourselves and others;
- eating a balance of different foods;
- drinking plenty of water;
- getting enough sleep;
- learning something new.

It is very helpful to understand the ways we can support our own **mental health** and wellbeing. If there is anything worrying us or causing us uncomfortable **emotions**, it is also very important to speak to a trusted adult.

Sticky Knowledge

Key Vocabulary

- positive attitude:** Looking for the good in a situation and things that are going well rather than focusing on areas we find difficult.
- mental health:** How we are feeling and the thoughts we are having and the effect this has on the choices we make and how we behave.
- change:** When something becomes different.
- mindset:** Our attitude to something and how we feel about it.
- mindfulness:** Focusing on the present and what we are feeling, seeing and doing right now.
- strategies:** Ways we can work through or manage something.
- emotions:** How we feel about things that are happening.
- response:** The way we react to things that are happening around us.
- challenge:** Something we may find tricky but can work to do well at.
- resilience:** Trying again and continuing to persevere when we find something difficult.
- flexible:** Making **changes** or adapting ideas when needed.