

**Y4 – What strengths, skills and interests do we have?**

**Knowledge**

- know how to recognise personal qualities and individuality
- know positive things about themselves and their achievements
- know how their personal attributes, strengths, skills and interests contribute to their self-esteem
- know how to set goals for themselves
- know how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking

**Social and emotional skills**

- Can talk about their hopes and dreams and the feelings associated with these
- Can identify the feeling of disappointment
- Can identify a time when they have felt disappointed
- Be able to cope with disappointment and help others to cope with disappointment
- Can identify what resilience is
- Have a positive attitude
- Enjoy being part of a group challenge
- Can share their success with others
- Can store feelings of success internally, to be used at another time

**Key questions**

- What are your goals? Short term and long term.
- Can you tell me about a time that one of your goals didn't get achieved? What can you do when you feel disappointed?
- What is resilience?
- Describe how it felt when you achieved your goal?