

Fens Primary School Knowledge Organiser



PSHE Focus: Health and Wellbeing

Think Positive

Year 5

Term: 3A

Key Learning

To understand the link between thoughts, feelings and behaviours.

To understand the concept and impact of positive thinking

To recognise and manage uncomfortable feelings

To understand the importance of making good choices.

To use mindfulness techniques in my everyday life.

To apply a growth mindset in my everyday life.

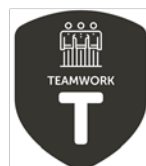
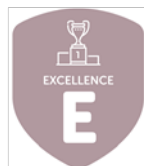
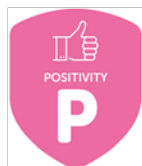
Wider Learning

- **Carol Dweck and Growth Mindset Research:** Children could research the founder of the term growth mindset, Carol Dweck, and create a fact sheet about her and what a growth mindset actually is

Key Vocabulary

- thoughts, positive, negative, helpful, unhelpful, comfortable, uncomfortable, feelings, behavior, choices, decisions, positive, feelings, emotions, actions, consequences, impact, independent, responsible, safe, morals, pros, cons

Yes, I Can!



Useful Websites

- [PSHE KS2: How to develop a positive mindset - BBC Teach](#)
- PSHE KS2: Growth Mindset - BBC Teach