

Fens Primary School Knowledge Organiser



PSHE Focus:

Be Yourself

Year 4

Term: 1B

Key Learning

I can say the things about myself that I am proud of.

I can identify the feelings I have and describe how different emotions feel.

I can describe different ways to cope with any uncomfortable feelings I may have and understand why this is important.

I know how to be assertive.

I can explore messages given by the media and decide if they are helpful or harmful.

I can identify different strategies I can use if I make a mistake.

Key Questions

Can I say things I am proud of?

Can I explain how to be assertive?

Can I understand my emotions and how I might show these emotions?

Can I use strategies if I make a mistake?

Can I describe how to cope with uncomfortable feelings?

Can I explore messages given by the media?

Key Vocabulary

emotions, comfortable, uncomfortable, assertive, media, unique, pride, mental health

Home Learning

Achievements: reflect on your achievements outside of school. Draw a picture of something you have achieved which you are proud of.

Making It Right: look at the mistakes you have made and document how you have made these right. This is to encourage you to see mistakes as an important part of your learning journey.

