



Year 4 - Spring - PSHE Knowledge Organiser - Dreams and Goals

What I already know...

That it is important to have dreams and goals.

That failure can be hard, but that it is important to try again and learn from mistakes.

Key Vocabulary

Dream	An ambition, something that would be amazing if it happened.
Goal	Something you would like to happen and are trying to make happen.
Resilience	The ability to 'bounce back' and try again after things go wrong.
Positive Attitude	Staying positive and focusing on the good things that happen
Disappointment	A normal feeling people get when things don't work out how they wanted them to.
Self-Belief	Believing in yourself and knowing that you are capable of doing many amazing things.

What I will learn...

- That reflecting on positive experiences can help me counteract disappointment.
- How to make a plan and set goals even if I have previously been disappointed.
- I know that it is important to work out the steps needed to achieve a goal.
- To talk about my hopes and dreams.
- That sometimes we can achieve our goals but that sometimes our dreams do not come true.



Making a difference at The Merton.

We believe that it is important for children to have dreams and goals and we try to help them understand the hard work that they will then need to put in to help them achieve these goals, hopefully making them feel empowered and understand that they are capable of achieving amazing things.

Making a difference at home.

You are never too old to dream and have goals. Talk about the different dreams and goals everyone in the family has. Maybe it is climbing a mountain, visiting somewhere new, spending more time outside or learning something new. What is stopping you from achieving these goals? What could you do to help you achieve them?