

PSHE

Dreams and Goals

Lesson 2

Good Afternoon Juniors!



Calm Me

Just like we do in class – take some time to go to your ‘calm place’ and free your mind of a couple of minutes



Dreams and Goals

Broken Dreams

LO: To understand that sometimes hopes and dreams do not come true and that this can hurt.
To know ways to cope with feelings of disappointment

Vocabulary

- Dreams
- Goals
- Hopes
- Disappointment
- Fears
- Hurt



1.Emma and Oliver are promised a puppy but find out that it is then not allowed in the flats where they live!

2.Farida breaks her leg before her gymnastics competition.

3.April thought she would be selected for the school football team but finds out she is only the reserve.

4.Jacob finds out he is not to be in the same class as his friends next year.

Choose one of these scenarios where someone's hopes and dreams have gone wrong. In your books write in your scenario and write about:

- 1. How it might feel?
- 2. What might the person do in that situation?
- 3. How could they overcome the hurt that this situation might cause?



- Can you think of a time when you felt disappointed or let down or when a dream you had was broken?
- How did you cope with that situation?

Write your experience in your book

How could you use our school values to help?

Positivity Perseverance
Respect Effort Kindness

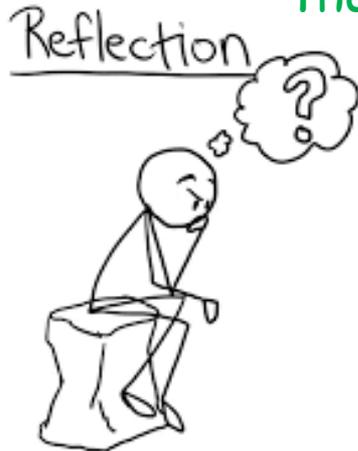
Lockdown disappointments

So you've looked at different scenarios and thought about your own experience.

How are you coping with the restrictions that lockdown brings?

Write some things that you've been disappointed with and then write some ways that you have or that you can help yourself to feel better.

Then apply them!



Great work juniors!