

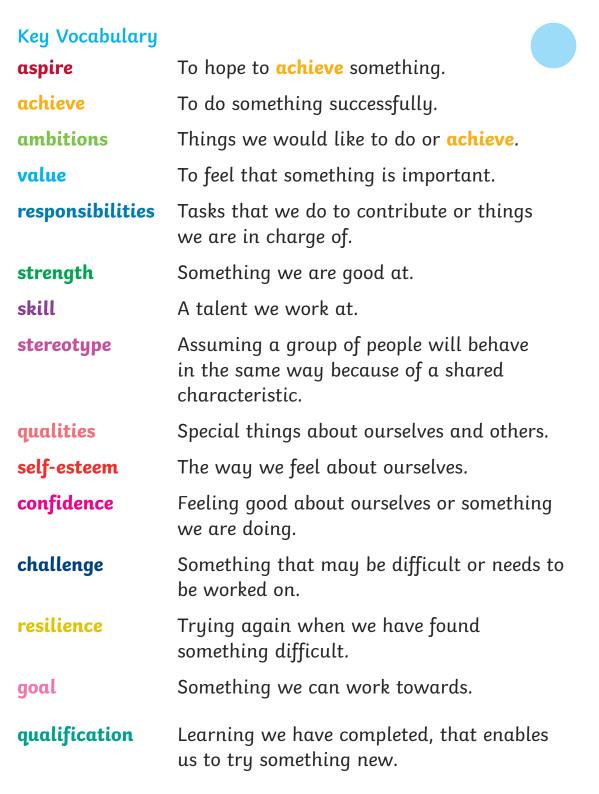
## Living in the Wider World | Aiming High Key Knowledge

#### **Star Qualities**

Our star **qualities** are the things that make us special. Focusing on our star **qualities** is important because it helps us to feel comfortable emotions and improves our **self-esteem**. We are all unique and special and knowing what **qualities** we have helps us to celebrate that.

## Positive Learning Attitude

Our learning attitude is all about how we feel towards our learning. If we have a positive learning attitude, we will look at new **challenges** as exciting and see our mistakes as learning opportunities. It is about being hopeful and looking for ways to **achieve**.



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#### Aspirations for the Future

Our **aspirations** for the future are our ideas about what we would like to do or be when we are older. This might include the job we want to do, the people we want to spend our time with or the journeys we want to go on.



### **Personal Goals**

Our personal **goals** are areas we want to work on and **achieve**. We might be able to identify steps we can take to **achieve** these **goals** and things we can do to help ourselves.

## **Equal Opportunities**

When we are thinking about what we want to **aspire** to and **achieve**, it is very important that everyone feels they have the opportunity to do their best. To do this, we must all be given equal chances and have the same access to these opportunities.



Managing Our Feelings About Change

When we know things are going to be different, it can feel a little unsettling. There are things we can do to help us manage these feelings. We can name and accept our feelings, we can think of happy times we have had and we can think of things we are looking forward to.

# Key Learning Point: Having a Positive Learning Attitude

Self-talk to help a positive learning attitude:

- I want to try my best with this learning task;
- If I keep trying, I will improve;
- By learning from my mistakes, I can get better;
- This is a new challenge for me and I like learning new things;
- I can't do this yet, but I will.



To look at all the planning resources linked to the KS1 Aiming High planning, <u>click here</u>