



PSHE – Think Positive



Concept – Health and Wellbeing

Vocabulary

- **Feelings:** Emotions we experience about things that are happening.
- **Behaviour:** Our actions. The way we behave.
- **Cognitive:** Thinking and other mental processes.
- **Mindfulness:** Focusing on the present and what we are feeling, seeing and doing right now.
- **Resilience:** Trying again and continuing to persevere when we find something difficult.

Lesson 1 – Can I understand the link between thoughts, feelings and behaviours?

Lesson 2 – Can I understand the concept and impact of positive thinking?

Lesson 3 – Can I recognise and manage uncomfortable feelings?

Lesson 4 – Can I understand the importance of making good choices?

Lesson 5 – Can I use mindfulness techniques in my everyday life?

Lesson 6 – Can I apply a growth mindset in my everyday life?

Thoughts, Feelings and Behaviour

The thoughts we have can affect our feelings and our behaviour. This can have an impact on the people around us as well. Turning unhelpful thoughts into helpful thoughts can have a positive effect on ourselves and others.

Feelings and Emotions

It is helpful to understand the many different feelings and emotions we may experience. If we are experiencing uncomfortable emotions, it can help to talk to a trusted adult and get help.

Positive Mental Attitude

To help ourselves develop a positive mental attitude, we can eat a healthy balance of foods, get plenty of exercise, get enough sleep and drink lots of water. It can also help to laugh, help others and start the day with a positive thought.

Facing a Challenge

By thinking positively, we can support ourselves to achieve. Some ways to do this are: thinking about how proud we will feel when we have overcome the challenge, observing others and learning from what goes well for them.

Key Learning Point: To develop a growth mindset, we need to:

- ask questions to learn more;
- learn from the success of others;
- use feedback to improve;
- overcome obstacles;
- embrace new challenges;
- learn from mistakes;
- problem-solve;
- keep trying;
- show determination;
- believe in ourselves.