**Year 4 Autum 1 Health and Wellbeing**

**What strengths, skills and interests do we have?**

A blue and white logo

Description automatically generated with low confidence

**Previous Learning:**

**From Year 3 Living in the wider world**

**What makes a community?**

* how they belong to different groups and communities, e.g. friendship, faith, clubs, classes/year groups
* what is meant by a diverse community; how different groups make up the wider/local community around the school
* how the community helps everyone to feel included and values the different contributions that people make
* how to be respectful towards people who may live differently to them

**Vocabulary**

* Self-esteem
* self-worth
* personal qualities
* goal setting
* managing set backs

**Key Knowledge for unit**

**Children will learn:**

* how to recognise personal qualities and individuality
* to develop self-worth by identifying positive things about themselves and their achievements
* how their personal attributes, strengths, skills and interests contribute to their self-esteem
* how to set goals for themselves
* how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking