

PSHE Cycle B 3/4

Mental Health & Emotional Wellbeing: Strength & Challenges

Lesson 1

How do we
celebrate
achievements
and set
personal
goals?

*challenge
attributes*

Lesson 2

How can I
deal with
put-downs?

*criticism
remark*

Lesson 3

How can I deal
with set-backs
positively?

*catastrophize
reality check*

Lesson 4

Assessment

What will we be learning about over the coming weeks?