

Year 4 Jigsaw PSHE content Spring Term

During the Spring Term, we will be covering the Jigsaw themes 'Dreams and Goals and 'Healthy Me.

Spring 1: Dreams and Goals

Questions discussed
<ul style="list-style-type: none">• What are my hopes and dreams?• What does it feel like to have hopes and dreams?• What happens when hope and dream no not come true?• What does it feel like to be disappointed?• How can I counteract disappointment?• How can I cope with my own disappointment and how can I help others with theirs?• How can I set new goals when my plans have not worked? What is it to be resilient?• What steps will help me achieve my goals?• What does it feel like to be part of a group?
Vocabulary Dream, hope, goal, determination, perseverance, resilience, positive, attitude, hopes, disappointment, fears, hurt, positive experiences, plans, cope, help, self-belief, motivation, perseverance, determination, commitment, team work, enterprise, design, cooperation

Spring 2: Healthy Me

Questions discussed
<ul style="list-style-type: none">• How are different friendship groups formed? How do I fit into friendship groups?• How do I feel about my friends and my different friendship groups?• Why might people make assumptions based on what people look like?• Who takes on the roles of leaders or followers in a group?• How do different people and groups impact on me? Who are the people I most want to be friends with?• What are facts about smoking and its effects on health? Smoking makes a person's belongings, clothes, hair and breath smell. It can make a person's teeth go yellow. Smokers are more likely to get health problems with their hearts and lungs, get more wrinkles and skin aging than non-smokers and affects their taste and smell. The addictive drug in cigarettes is nicotine. E-cigarettes/vaping is still risky for a person's health, and breathing in other people's smoke (passive smoking) can damage health too.• Why do some people start to smoke? Negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from others and myself.• What are the facts about alcohol and its effects on health, particularly the liver?• What are the reasons some people drink alcohol? Recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from others and myself. Moderation is discussed.• How do I know when people are putting me under pressure? How can I resist peer pressure?• How can I identify feelings of anxiety and fear associated with peer pressure?• How can I know myself well enough to have a clear picture of what I believe is right and wrong?• How can I tap into my inner strength and know how to be assertive?
Vocabulary Friendships Emotions Healthy Relationships Friendship groups Value Friendship groups Roles Leader Follower Assertive Agree / disagree Smoking Vaping Pressure Peers Guilt Advice Alcohol Liver Disease Pressure Peers Anxiety Fear Believe Assertive Opinion Right Wrong