

## 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

<b>Questions discussed</b>
<ul style="list-style-type: none"><li>• <b>What are my hopes and dreams?</b></li><li>• <b>What does it feel like to have hopes and dreams?</b></li><li>• <b>What happens when hope and dream no not come true?</b></li><li>• <b>What does it feel like to be disappointed?</b></li><li>• <b>How can I counteract disappointment?</b></li><li>• <b>How can I cope with my own disappointment and how can I help others with theirs?</b></li><li>• <b>How can I set new goals when my plans have not worked? What is it to be resilient?</b></li><li>• <b>What steps will help me achieve my goals?</b></li><li>• <b>What does it feel like to be part of a group?</b></li></ul>
<b>Vocabulary</b> 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

<b>Questions discussed</b>
<ul style="list-style-type: none"><li>• <b>How are different friendship groups formed? How do I fit into friendship groups?</b></li><li>• <b>How do I feel about my friends and my different friendship groups?</b></li><li>• <b>Why might people make assumptions based on what people look like?</b></li><li>• <b>Who takes on the roles of leaders or followers in a group?</b></li><li>• <b>How do different people and groups impact on me? Who are the people I most want to be friends with?</b></li><li>• <b>What are facts about smoking and its effects on health?</b> 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.</li><li>• <b>Why do some people start to smoke?</b> 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.</li><li>• <b>What are the facts about alcohol and its effects on health, particularly the liver?</b></li><li>• <b>What are the reasons some people drink alcohol?</b> 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.</li><li>• <b>How do I know when people are putting me under pressure? How can I resist peer pressure?</b></li><li>• <b>How can I identify feelings of anxiety and fear associated with peer pressure?</b></li><li>• <b>How can I know myself well enough to have a clear picture of what I believe is right and wrong?</b></li><li>• <b>How can I tap into my inner strength and know how to be assertive?</b></li></ul>
<b>Vocabulary</b> 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