



KNOWLEDGE ORGANISER: PSHE- Think Positive Year 3 Spring 2

Key Vocabulary

Feelings	Emotional states and reactions, encompassing both comfortable and uncomfortable sensations.
Attitude	One's disposition or outlook towards life, which can significantly impact mental health.
Mental Health	The overall well-being of an individual's mind, encompassing emotional, psychological, and social aspects.
Positive Thinking	A mindset focused on constructive and optimistic thoughts to promote a healthier mental state.
Emotional Management	Skills and strategies to handle and regulate various emotions effectively.
Decision-making	The process of choosing between alternatives and taking responsibility for the outcomes.
Responsibility	Acknowledging and being accountable for one's actions and choices.
Growth Mindset	An approach to learning that embraces challenges, persists through setbacks, and sees effort as a path to improvement.

Key Knowledge

- Understanding emotions and their impact on mental health.
- Developing a positive attitude towards life.
- Acquiring skills for effective emotion management.
- Taking responsibility for decisions and their consequences.
- Cultivating a growth mindset approach to learning for resilience and improvement.



Learning Intention:

In this unit, pupils will explore emotions, mental health, and essential life skills. The focus includes developing positive attitudes, managing emotions, making responsible decisions, and adopting a growth mindset for learning. The goal is to empower pupils with tools to navigate emotions, make informed choices, and foster resilience for overall well-being.

Resources

Websites

- ✓ [BBC Bitesize – How to develop a positive mindset](#)
- ✓ [The Way I Feel – By Janan Cain](#)



Textbooks

Reading Links

