

# PSHE

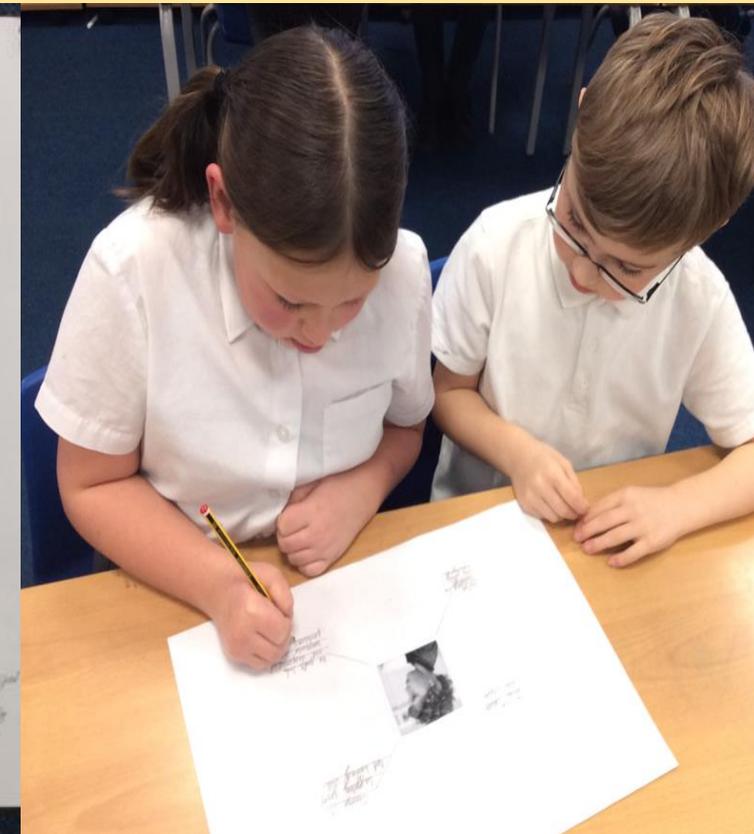
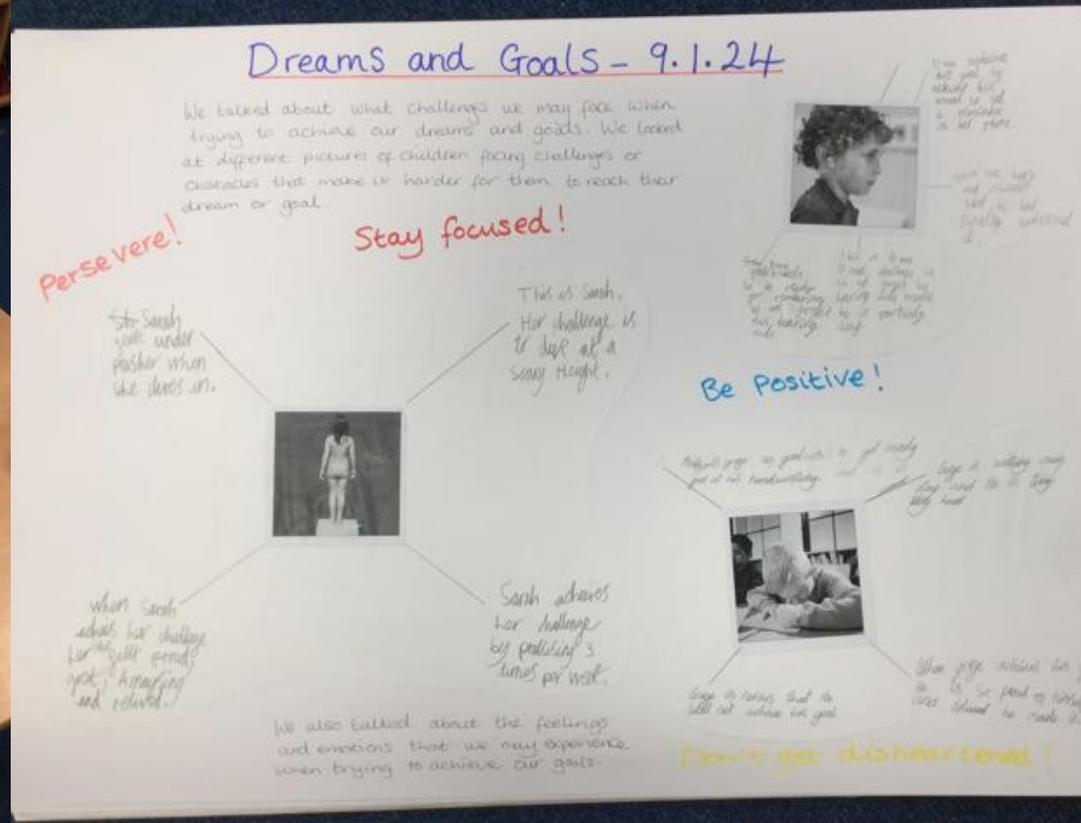
## Dreams and Goals



**Class Tamar**

**Spring 1 2024**

We were introduced to our new unit: Dreams and Goals. We talked about New Years Resolutions and how we should make these realistic and attainable. We reflected on how challenges make us feel and what challenges we have faced in our lives that we were able to overcome. We looked at examples of different people who are facing challenges and talked about how they can face the difficult challenges and achieved success.



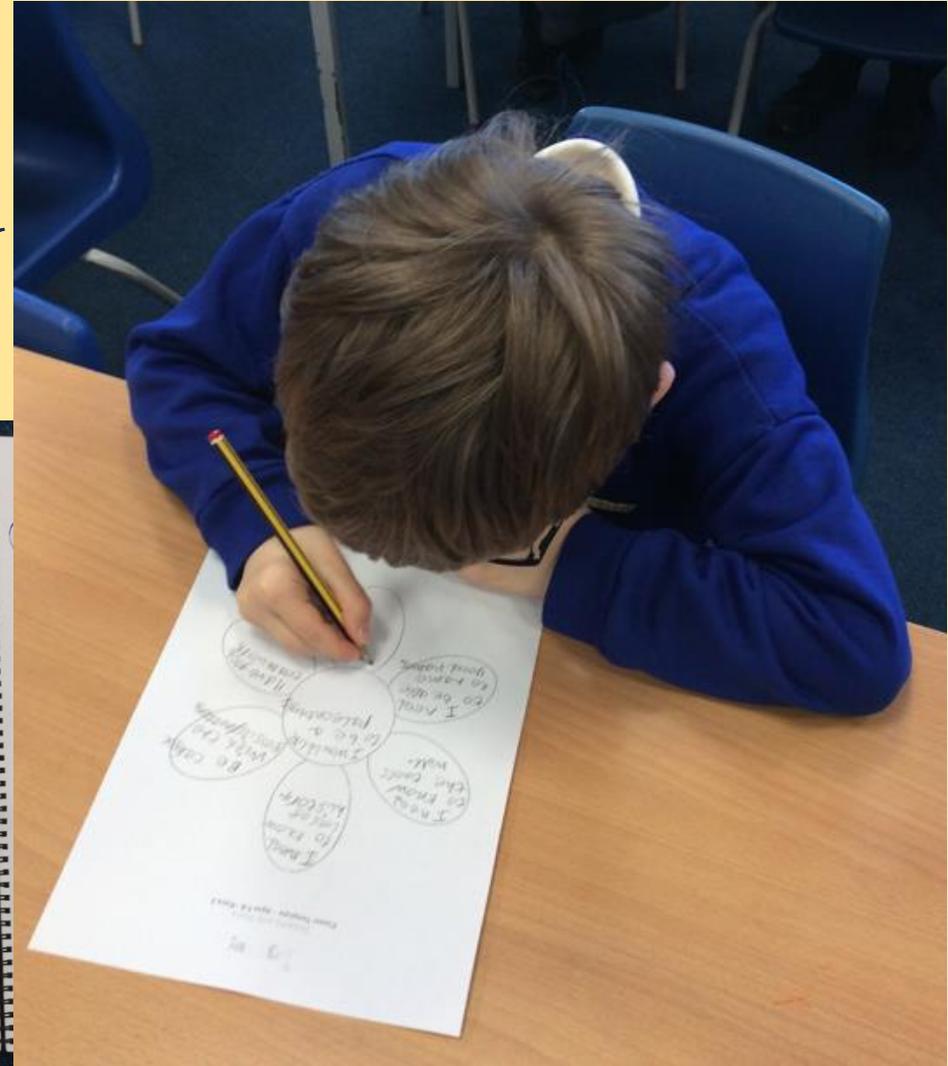
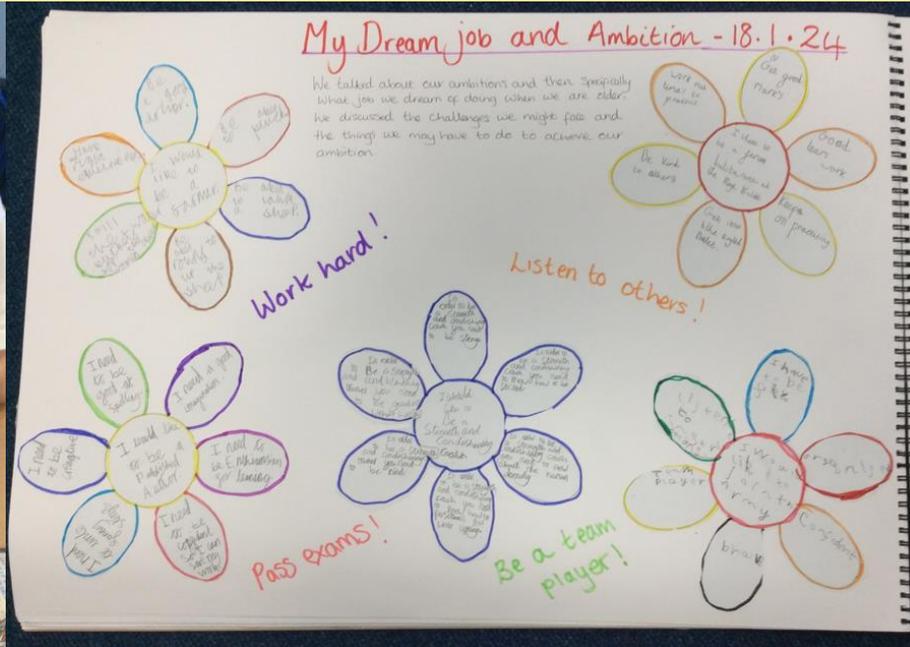
It was a challenge to learn how to ride my bike for the first time. With lots of practise I can do it easily.

It feels really good when you achieve your goal.

We shared our own ambitions and goals that are important to each of us and reflected on what steps we would need to take in order to get there. We then focussed on what our dream job looks like in the future and thought about the skills we would need to be successful!

I need to work hard and keep having lots of enthusiasm for learning if I want to become a Strength and Conditioning coach.

I need to make sure I care for and listen to others so that I can be a good nurse.



I reflected on how it feels when we have to face a new learning challenge. We set a challenge for our class to research different sectors of work working, we created posters for these and identifies the different job roles within each.



I find it quite scary when I have a new challenge and I don't know how to start.

I've learnt that it helps to break a challenge down into little steps.

When I am older I want to be a maths teacher. I will make sure that I keep trying hard with my maths!



We took part in 'Careers Day'! We learnt about lots of different jobs as well as sharing the jobs that we came dressed up as. We had time to create our own job profiles, carrying out research on the qualifications and skills we would need to get there.



I want to be an Architect. I need to be accurate with measurements and my drawings.

I love dancing, when I grow up I would like to be a ballet dancer.

I came as an astronomer to careers day. I need to work well with others and show lots of interest in Science.