

What I already know:

- How to tell other people when I don't like something.
- What to do when I feel uncomfortable.
- What it means to be a good role model of St Chad's.

Gems of knowledge



I will be able to:

- Know the difference between a growth and fixed mindset.
- Know what resilience is.
- Notice good things in others and myself.
- Think about how to manage how I am feeling.
- Think about challenges I might face next year.

I can read



British Values

- Respect and Tolerance
- Individual Liberty

Growth Mindset



Thinking that you can get better at something.

Fixed Mindset



When you think that you are bad at something and that you won't get better.

Emotion



How we are feeling.

Challenge



When you have a go of something that is a little tricky.

Resilience



When you keep going and don't give up.

Perserverance



When something is going wrong, you keep trying until you do it.

Practice



When you keep trying something to try and get better at it.