

## PSHE – Learning Strength

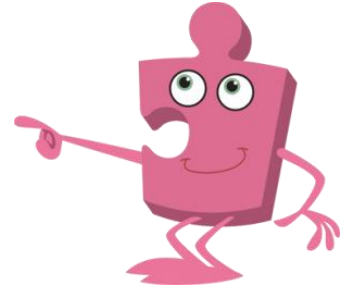
Last week in PSHE we asked you to think about a time you achieved a goal and how you felt. Here are some of the words you came up with;

Proud      Brave      Glad      Relieved      Pleased      Happy

It is so nice to feel that way so we want you to feel that way again!

Jigsaw Joe has given you a mission! Choose one of the following;

- Learn the Macarena dance.
- Learn to count in Mandarin from 1 to 10.
- Learn to count in French in 2s from 0 to 20.
- Memorise the poem "The Owl and the Pussy-Cat" by Edward Lear.
- Or create your own mission.



Write your chosen mission on the top run of your ladder. This is your goal – we are writing it at the top because we need to climb the ladder to reach our goal.

What steps do you need to take to achieve your goal? You can use the other runs on your ladder to write the steps you need to take to reach your goal.

For example, if you are learning to count in Mandarin your first step might be to listen to someone on YouTube saying the numbers. Then you might want to practise the first 2 or 3 sounds. The next step might be to practise them without help.

Jigsaw Joe has a speech bubble. What advice do you think Joe would give you as you start your mission? Write what she might say in the bubble.

Good luck! Next week in our PSHE lesson we will reflect on whether we achieved it or not.

