



Key Vocabulary

Resilience	To be able to adjust or recover after change or challenges.
Positive attitude	Being willing to try new things.
Hope	Getting what is wanted.
Disappointment	Unhappiness from failure of something hoped for.
Fear	The feeling of being scared or panicked.
Cope	To deal with something effectively.
Hurt	Unhappiness or sadness caused by something or someone.
Commitment	Being dedicated to achieve something wished for.
Self-Belief	Believing you can do something.
Cooperation	Working together well with others.



Key knowledge

PSHE

I can plan and set new goals even after a disappointment.

I can explain what it means to be resilient and to have a positive attitude.

