



## Topic: Changes



### New Vocabulary

self-worth	To feel happy with who you are as a person.
make amends	To do something good to show that you are sorry about something you have done.
appreciate	The act of showing gratitude or thanks for someone who has done something nice for us.
multicultural society	People of many different nationalities and cultures.
mental well being	The state of your emotional wellbeing, which affects how you think, feel and behave.

### Helpful hints

Talking to a friend or a safe adult when you feel unhappy will make you feel better.

## PSHE & RHE Cycle A Spring Term 1 Y3/4



### New Knowledge

Knowing your worth as an individual is identifying positive things about yourself, including your achievements.

Making amends with others shows respect.

Challenges are hard but can be overcome by facing them with a positive attitude, asking for help and making responsible choices.

Reflecting on issues and understanding other people's experiences helps us to appreciate every person we know.

We live in a multicultural society and learning about these cultures (including religions) helps us to appreciate the range of identities in the UK.

Mental wellbeing is a normal part of everyday life.

