

# PSHE Autumn 2 When The Tough Get Going – Wk 5

Citizenship/Well-being. Autumn 2. Week 5. When The Tough Get Going.	
<b>Outcome.</b> I know how to show perseverance to achieve success.	
<p><b>Resources</b> Chime Paper stars Decorations Talking object</p>	<p><b>Vocabulary/Language</b> Being flexible Keep trying Never give up Obstacles Solutions Problems Strengths Goals</p>
<p><b>Teaching and Learning.</b></p> <p><b>Circle time</b> Children sitting in a circle. Pass talking object. Children to complete the sentence, 'When I grow up I want to.....' Children to be encouraged to consider a quality or a profession they want to aspire to.</p> <p><b>Mindfulness</b> Remind children that in order to learn we need to be calm. Children to sit in a comfortable position and close their eyes. Adult to ring a chime. Children to breathe normally listening to the chime. Open eyes when no longer can hear chime.</p> <p><b>Tell me</b> Watch <a href="https://www.youtube.com/watch?v=Sd9MZdB1ItU">https://www.youtube.com/watch?v=Sd9MZdB1ItU</a> Solving Problems</p> <p><b>What are ways you can show perseverance?</b> 1. When you are near the end of race and struggling to finish,</p>	<p>Are you calm and ready to learn?</p> <p>How did fox and owl show resilience? Did fox give up?</p>

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- find a burst of energy to cross the finish line.
2. Keep trying with a school subject you find tricky-finding solutions and asking for help. **Asking for help is a strength.**
  3. Study and work hard, trying your best.
  4. Save up your money and do extra chores to buy something special.
  5. Help a younger child learn to ride a bicycle or play a new game.
  6. Spend hours practicing to play an instrument or a sport.
  7. Always finish what you start. Do not give up when things get tough.
  8. Try something again, even if you failed the first time. Remember you had to learn to walk before you could run!
  9. Understanding the problem.

### Reflection

'Reach for the stars'

Give each student a paper star. Have students write a dream or goal that they hope to achieve on their star and then decorate it. Tell the children that it takes perseverance to reach their dreams.

How did owl help fox?

How did they feel at the end?

Do you know ways to keep going when things are tough?

What things could you try?