

# PSHE Well Being

Citizenship/Well-being. Session 3

Whole School Expectations in Specific Settings/scenarios-**Be the best I can and always try hard!**

**Outcome** I know ways to help myself do my best every day.

## Resources

School show me five rules  
Jigsaw character  
Jigsaw chime  
Jigsaw calm me script  
Well-being books

## Vocabulary

|               |            |
|---------------|------------|
| Believe       | Impact     |
| Achieve       | Success    |
| Consequences  | Resilience |
| Learning      | Choices    |
| Listen        | Strengths  |
| Understanding |            |
| Perseverance  |            |

## Teaching and Learning.

### Circle time

Passing the Jigsaw character, Children take in turns to complete "I am really good at....." If children need support make some suggestions, I am good at writing/reading/making friends/talking/skipping etc

### Calm me

Remind children that before each Jigsaw lesson we calm our minds ready to learn. Use calm me script or mindfulness technique.

### Show me Five.

Remind children of the whole school show me 5 school rules and where displayed in the room. This session the focus will be on rule number 3, **Be the best I can be and always try hard.**

### Open my mind.

Teach children the song to the tune of 'Skip to my Lou'.

**Be the best that you can be,  
Be the best that you can be,  
Be the best that you can be,  
And good things will happen**

**Try your hardest every day,  
Try your hardest every day,  
Try your hardest every day,  
Then you'll be a champion.**

### Tell me or show me.

Show clip <https://www.youtube.com/watch?v=2zrtHt3bBmQ>  
(Growth mindset for students)

Children discuss in groups or partners.

Teacher to video/take photos/scribe positive dialogue between children. Discuss with children that we all have personal strengths, and all have something we find tricky. This could also include making friends/listening/speaking/writing/maths/sitting quietly etc.

**Even if you can't be as great at somethings others can, always try your personal best and you will be a champion.**

## Ask me this.

Can we all be good at the same things?

Are you ready and calm to learn?

Can you tell me the 5 rules?

Can you answer the question in the film?

Can I be smarter?

What can I do to help myself?

Why is it important to always try my best?

Are there things you find tricky?

What are the consequences/impact if we try our hardest?

What can we do to help

Link to our schools Aims, Ethos and Values

**Believe, Achieve, Succeed**

**Help me reflect (choose one activity appropriate for year)**

-Children complete the sentence 'I can help myself do my best by....'

-Write a list of 'I can help myself do my best by:'

-Draw a picture and annotate.

-Make a promise to themselves to try their hardest at something.

ourselves be the best we can be?

Who else can help us be the best we can be?