

Sticky Knowledge – PSHE

Class – Chestnuts

Year 3



Team

Autumn 1

- How do you identify a feeling?
- How can you show the resolution to a dispute through pictures?
- How do you create a list of good deed ideas?

Think Positive

Autumn 2

- Why is having a positive attitude is good for our mental health?
- What are the causes of negative thoughts?
- Can you identify ways to cope with negative thoughts?
- What impact can change can have on people?
- How can changes affect people emotionally?

Diverse Britain

Spring 1

- What are the benefits of living in a diverse and multicultural society?
- Why is democracy important?
- How do rules and laws help us?
- What are the rights of the British people?

Be Yourself

Spring 2

- What are your own strengths?
- How do you cope with uncomfortable feelings?
- How do you to make things right after mistakes have been made?

It's My Body

Summer 1

- Can you list some of the effects of sleep deprivation?
- Can you explain the effect of exercise on the heart?
- How do you get help for yourself or others in the case of serious problems?
- Can you explain why eating a balanced diet is important?
- How do you check medicine instructions?
- What can you do to stop the spread of germs?
- Can you explain the importance of vaccinations and immunisations?

Aiming High

Summer 2

- Can you identify elements of a growth mindset?
- How do you identify and challenge stereotypes?
- Which goals could you set to work towards your ambitions?