PSHE
My achievements, strengths and goals

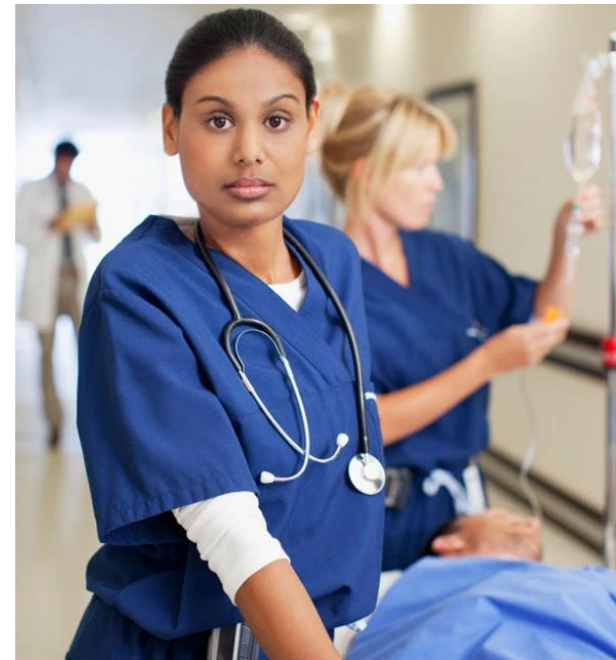TTYP: Who are these people? What are they famous for doing?

What's an achievement?

It's not just famous people that do great things.
TTYP: what might these people have done that made a big difference to someone's life?

Achievements

Things that we do that are not always easy to finish and/or make a big difference to our or other people's lives are called **achievements.** These can be big or small. For example . . .

- When a grown up gets a better job
- When you score a goal at playtime
- When you finish secondary school and get good grades
- When you do something you didn't think you could do

TTYP: What examples of achievements can you think of?

TTYP: What is it about you that helped you to achieve these things?

These positive behaviours and talents are called **strengths**

TTYP: What achievements do you hope to have in the future?

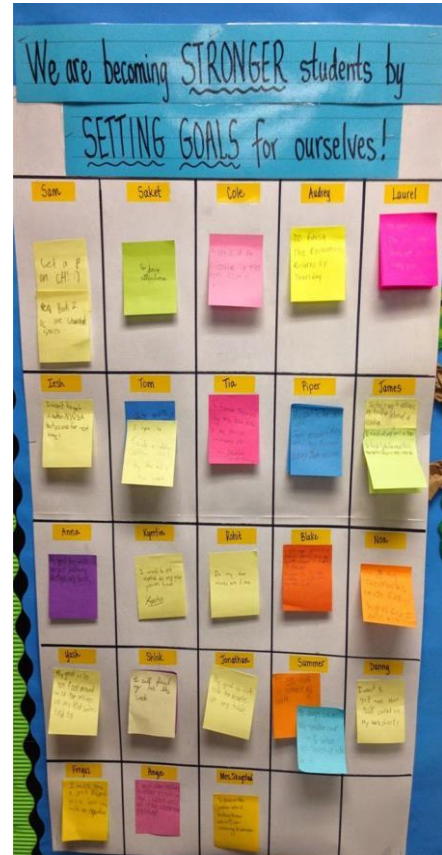Things we want to achieve in the future are called **goals.**

Use two post-it notes each.

Post-it 1: Describe your proudest achievements.
What have you done in your life so far that you are really proud of? What strengths allowed you to achieve these things?

Post-it 2: Describe your goals for the future. 1) What do you hope to achieve in school this year? 2) In your future years at school? 3) When you become a grown up?
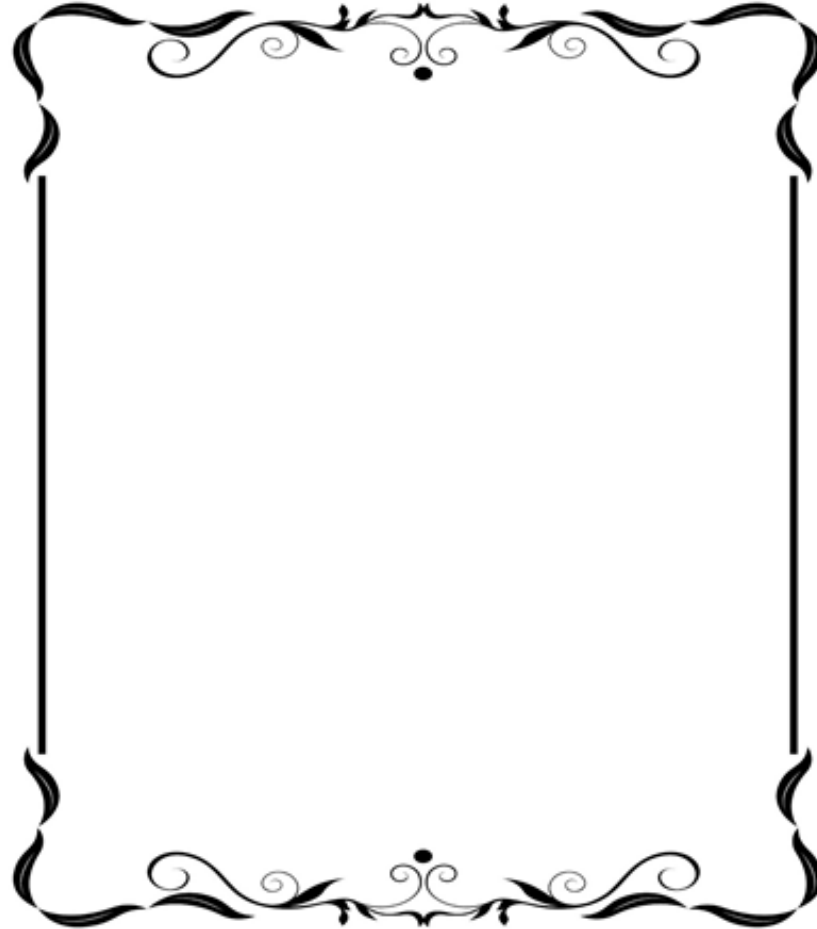
GOING FOR GOALS
To set myself a goal or challenge

What are your achievements? _____ Draw a picture of them in the frame below.

Complete the Picture of your Achievements

How do you celebrate these?

_____

_____

How do these affect others' lives?	
What motivates you to achieve these?	
Name some achievements of someone close to you.	
What aspirations do you have?	
What are you goals for secondary school?	
How will you achieve these?	
What are your long-term goals?	
What is an effective way of achieving these?	

<u>Complete this table of your Achievements And your goals</u>.

Plenary

Now that you've set your goals, it's time for an inspiring message from 'Kid President' to help you reach them!