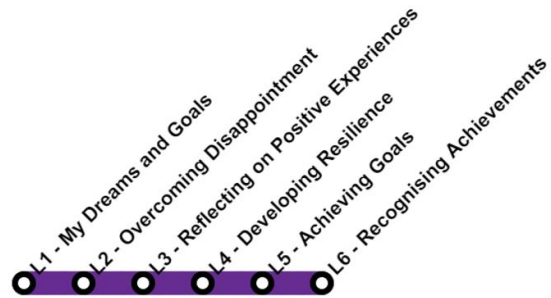


PSHE – Dreams and Goals

Lesson Sequence



Key Vocabulary

- Dream** – A cherished aspiration, ambition or ideal
- Hope** – A feeling of expectation and desire for a particular thing to happen
- Goal** – The object of someone’s ambition, their aim or desired result
- Determination** – a quality of being determined and trying hard to control, influence or decide something
- Perseverance** – persistence in doing something despite difficulty or delay in achieving success
- Resilience** – the ability to adapt and recover from difficulty, misfortune or change
- Disappointment** – the feeling of sadness and displeasure when someone’s hopes or expectations isn’t fulfilled
- Commitment** – the quality or state of being dedicated to a cause
- Success** – the accomplishment of an aim or purpose



By the end of the unit:

- I know what my own hopes and dreams are
- I know that hopes and dreams don’t always come true and I can cope with this
- I can reflect on positive and happy experiences to help me counteract disappointment
- I know how to make a new plan, set new goals and work out the steps I need to take to achieve a goal
- I know how to work as part of a successful group and share this success with my peers.



Reflective Questions

- Think of a time when one of your dreams didn’t come true, how did you feel?
- What does ‘resilience’ mean to you, can you reflect when you have shown this?
- How can you overcome disappointment? Can you link this with your own experiences?
- How does it feel to overcome a challenge by yourself? How about as a group? Are there any similarities or differences?