

Go-Getters



The Big Questions



What are
helpful and
unhelpful
thoughts?



What can we
do if we find
something
challenging?



Talk with an adult about how you might answer these questions.



Positive and Negative Thoughts

We can have both positive and negative thoughts.

Print and cut out the thought cards from the Y2 home learning page.

Sort them into two groups – positive thoughts and negative thoughts.

I am useless at this.



I am finding this hard, but
I am going to keep going.



I am not going to do this
because I might get it
wrong.



I am going to have a go and
if I make a mistake I will
learn from it.



I can do this.



I can't do this.



I am going to try and do this.



I am not even going to try
to do this.



How did you
decide where
each thought
should go?

Facing New Challenges



Throughout our lives, we come across new challenges. We constantly have to learn new skills, or get better at things.

When you were a baby, you had to learn to walk and talk.

You learnt to feed and dress yourself.

You have also learnt to count, to draw, to write, to run and to jump.



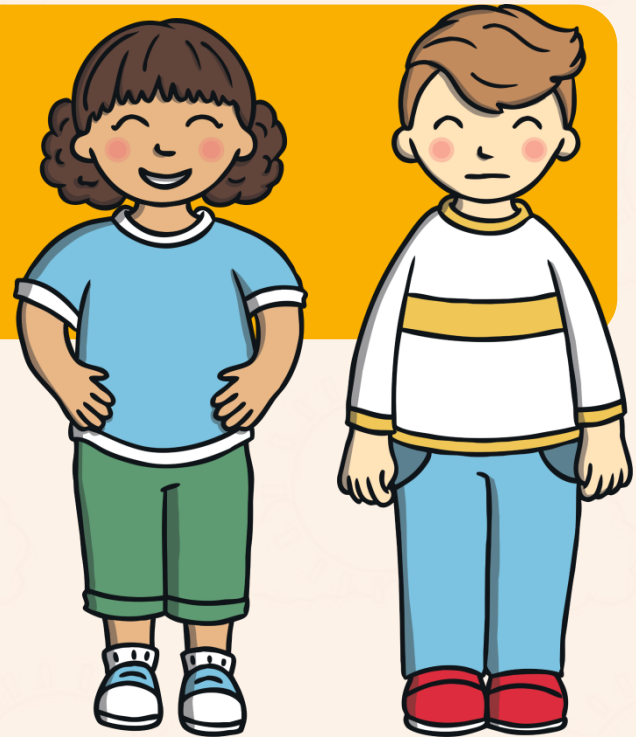
Wow! That's a lot of challenges you've had over the years. You have achieved so much!

Facing New Challenges



When we are facing a new challenge, it can be very useful to have a positive mindset.

All those positive thoughts that we have been learning about can be really helpful when we want to learn something new or get better at something we find hard.

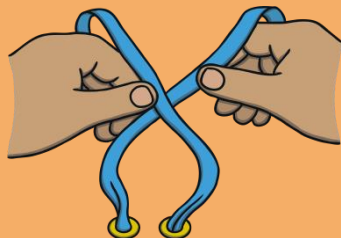


Showing Resilience



What is **resilience**?

not being
afraid to fail



trying again
and again



accepting when
things go wrong



learning from
mistakes



being prepared to
give something a go

not giving up

Showing Resilience



Someone who shows resilience is someone who doesn't give up when they find something challenging.

They **persevere** – that means they stick at it and try again.

People who persevere have much more chance of succeeding.

If you give up at something straight away, you will never achieve your goal.

If you persevere and show resilience, you'll be able to get better at something and make steps towards achieving your goal.

It's like riding a bike...



Showing Resilience



If you gave up the first time you wobbled...

Or if you never got back on your bike after falling off...

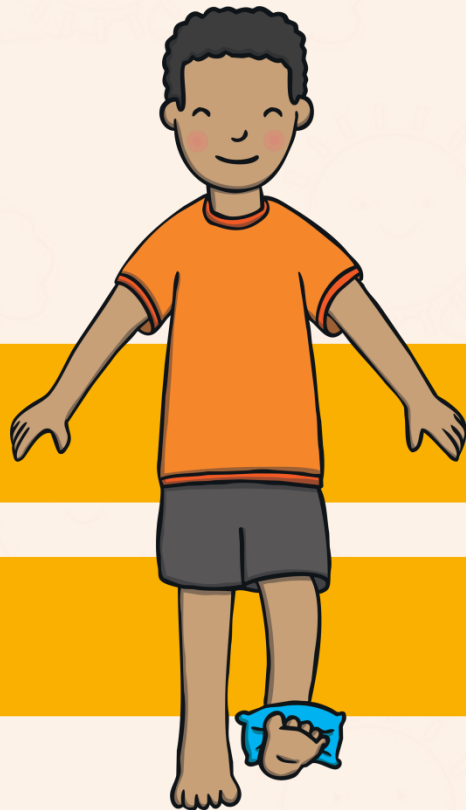


You'd never get better and you'd never learn how to do it.

Take the Challenge!



Try some activities that you will find challenging.



We are all different, so what one person finds challenging, another may find easy.

We can all learn to do something if we put time and effort into practising.

Take the Challenge!



What sorts of thoughts will you have?

Will you need to persevere with something you find challenging?

Let's think about different challenges you could do....



Take the Challenge!



drawing

word search

balancing

dot to dot

tongue-twisters

Take the Challenge!



What sorts of thoughts were going through your head, or what were you saying when you were attempting a difficult challenge?

Did you have different thoughts in your head or make different comments during the challenges you found easier?

Which activity would you choose to do again?

Why would you choose this one?



It is really important that we keep trying at things we find challenging. Use positive thoughts to help you persevere!

The Big Questions



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What have you learnt today that is going to help you in your day to day life?