



Key Knowledge

Star Qualities

Our star **qualities** are the things that make us special. Focusing on our star **qualities** is important because it helps us to feel comfortable emotions and improves our **self-esteem**. We are all unique and special and knowing what **qualities** we have helps us to celebrate that.

Positive Learning Attitude

Our learning attitude is all about how we feel towards our learning. If we have a positive learning attitude, we will look at new **challenges** as exciting and see our mistakes as learning opportunities. It is about being hopeful and looking for ways to **achieve**.



Key Vocabulary

aspire

To hope to **achieve** something.

achieve

To do something successfully.

ambitions

Things we would like to do or **achieve**.

value

To feel that something is important.

responsibilities

Tasks that we do to contribute or things we are in charge of.

strength

Something we are good at.

skill

A talent we work at.

stereotype

Assuming a group of people will behave in the same way because of a shared characteristic.

qualities

Special things about ourselves and others.

self-esteem

The way we feel about ourselves.

confidence

Feeling good about ourselves or something we are doing.

challenge

Something that may be difficult or needs to be worked on.

resilience

Trying again when we have found something difficult.

goal

Something we can work towards.

qualification

Learning we have completed, that enables us to try something new.

Aspirations for the Future

Our **aspirations** for the future are our ideas about what we would like to do or be when we are older. This might include the job we want to do, the people we want to spend our time with or the journeys we want to go on.



Personal Goals

Our personal **goals** are areas we want to work on and **achieve**. We might be able to identify steps we can take to **achieve** these **goals** and things we can do to help ourselves.



Equal Opportunities

When we are thinking about what we want to **aspire** to and **achieve**, it is very important that everyone feels they have the opportunity to do their best. To do this, we must all be given equal chances and have the same access to these opportunities.



Managing Our Feelings About Change

When we know things are going to be different, it can feel a little unsettling. There are things we can do to help us manage these feelings. We can name and accept our feelings, we can think of happy times we have had and we can think of things we are looking forward to.



Key Learning Point: Having a Positive Learning Attitude

Self-talk to help a positive learning attitude:

- I want to try my best with this learning task;
- If I keep trying, I will improve;
- By learning from my mistakes, I can get better;
- This is a new challenge for me and I like learning new things;
- I can't do this yet, but I will.



To look at all the planning resources linked to the KS1 Aiming High planning, [click here](#)