



Living in the Wider World | Aiming High

Key Knowledge

Developing Self-Worth: Identifying and focusing on things we have achieved and strengths we have can contribute to our **self-worth**. This can support positive mental health and wellbeing by developing our confidence, **resilience** and independence. Reflecting on our **achievements** and the **actions** we took to accomplish these can support our self-esteem and promote our positive sense of self.

Working to Achieve Our Goals: Setting ourselves goals and working towards these helps to create success. By identifying small steps we can take, bigger goals can seem more achievable. Positive **actions** can help us to achieve these goals. These may include practising regularly, watching and listening carefully, asking for help when needed, believing in ourselves, learning from mistakes, developing self-control and showing determination.

Positive Learning Attitude: When we view tasks with a positive learning attitude we are more likely to succeed. We all find different things easier or more difficult and this is fine. Viewing challenges with a positive attitude means that we can try with determination, adapt our strategy if it could be improved, ask for help when needed, think about other similar tasks we have achieved and consider how we accomplished those.



Key Vocabulary

- achievement:** Something we have done well or a challenge we have accomplished.
- behaviour:** Our **actions**. The way we behave.
- resilience:** Trying again and continuing to persevere when we find something difficult.
- action:** Something we do.
- growth mindset:** The belief that if we work at something we can achieve it.
- fixed mindset:** The belief that people's intelligence and abilities are set rather than flexible and progressive.
- qualifications:** Learning we have completed that enables us to try something new.
- experience:** Things we have done or achieved.
- responsibilities:** Tasks that we do to contribute or things we are in charge of.
- curriculum vitae:** A formal document used in job applications containing personal information about skills, **qualifications** and **experience**.
- ambitions:** Things we would like to do or achieve.
- stereotype:** Assuming someone will behave in a certain way because of a shared characteristic. This could be based on the way they look, the way they speak, where they come from or their gender.
- opportunities:** Chances to do things.
- self-worth:** The feelings we have about ourselves, our self-esteem and the respect we feel we deserve from others.

Equal Opportunities: People do lots of different jobs. There are lots of different skills, strengths and **experiences** that may benefit different jobs and there are lots of training **opportunities** available for people who would like to or need to learn more for part of their job. Anyone can do any job, regardless of their gender, background or the way they choose to live their lives. It is people's interests and strengths that help determine what job they should do, nothing else. There are lots of things that may influence people's career choice such as family, salary and values. The different choices we make contribute to our individuality. We need to view the choices of others with kindness and respect.

Challenging Stereotypes: Having stereotypes can be damaging as they create the expectation that certain **opportunities** are only available to certain people. This may be determined by someone's gender, background or the way they choose to live their life. The only things that matter when considering who can do each job are our interests, skills, strengths and experience. We should all have the same **opportunities** as everyone else as we are all equal. Our human rights ensure we all have the right to a happy, healthy and safe life with access to equal **opportunities**.

Jobs For the Future: It can help our mental health and wellbeing to develop our sense of **self-worth** and celebrate our strengths and **achievements**. Having a **growth mindset** can also help us to work with determination on any areas we find challenging. We have the opportunity to do any job we want and having a **growth mindset** approach to challenges we might face will support us to overcome anything.



Key Learning Points:

Developing a Growth Mindset: Having a **growth mindset** can help us achieve and overcome challenges. This can support our mental health and wellbeing as it can contribute to a sense of purpose and success. It can also improve our self-esteem as we show belief in ourselves. We can develop a **growth mindset** by:

- trying our best;
- adapting our strategies to try a new approach;
- asking for help;
- learning from others;
- looking and listening;
- using positive affirmations (reminding ourselves things may seem challenging and this is because we are learning, remembering the progress we have made);
- seeing challenges as exciting;
- learning from mistakes;
- celebrating progress.

To look at all the planning resources linked to the LKS2 Aiming High unit, [click here](#)