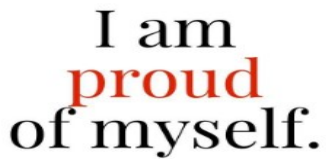
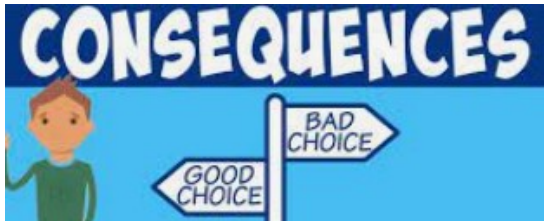
# Knowledge Mat - Being me in my world

| Subject Specific Vocabulary | |
|---|---|
| **welcome** | To be gladly received or greet someone in a specific manner. |
| **valued** | Considered to be important or beneficial. |
| **achievements** | A thing done successfully with effort, skill or courage. |
| **proud** | Feeling of deep pleasure or satisfactions as a result of ones own achievements, qualities or possessions. |
| **pleased** | Feeling or showing pleasure and satisfaction, especially at an event or a situation. |
| **acknowledge** | Recognise the importance or quality of something or someone. |
| **affirm** | Offer someone emotional support or encouragement. |
| **consequences** | A result or effect, typically one that is unpleasant or unwelcome. |
| **responsibilities** | The opportunity or ability to act independently. |




## Sticky Knowledge

I know my worth and can identify positives things about myself.

I know how to set personal goals.

I know how to face new challenges positively.

I know how to ask for help when I need it.

I know why rules are needed and how they link to rights and responsibilities.

I know that my actions affect myself and others.

I know how to make responsible choices.

I know how to see things from other people's point of view.

**Crucial Connections**
https://www.bbc.co.uk/bitesize/topics/z2gg87h

## Aspirations

Community champion, support worker.

**Important facts to know before the end of this PSHE topic.**

- Help others to feel welcome and valued
- Value myself
- Understand how behaviour brings rewards/ consequences
- How to work cooperatively with others