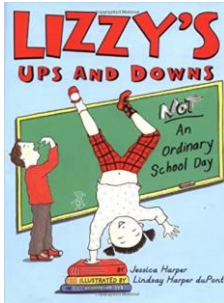
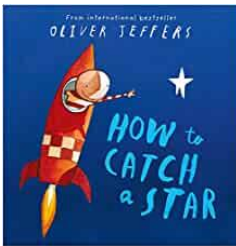
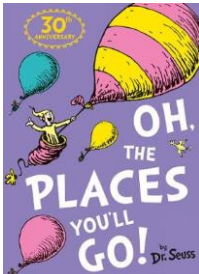
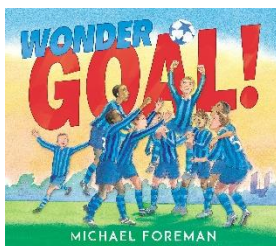
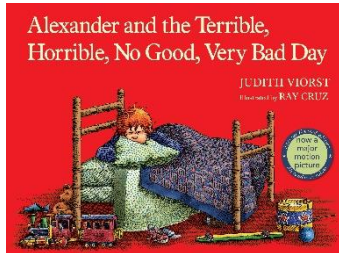


Specific Vocabulary & definitions (meanings)		Facts to know by the end of the maths sequence	Interesting Reading
challenge	a difficult task, especially one that the person making the attempt finds more enjoyable because of that difficulty	<u>Achievements & Goals</u> <ul style="list-style-type: none"> explain how it feels to be challenged, try something new or difficult plan the steps to help achieve a goal or challenge celebrate own and others' skills, strengths and attributes 	  
achievement	a successful performance; accomplishment		
goal	a result that you are trying to achieve		
skill	capacity to do something well; Skills are usually acquired or learned.	<u>Dealing with Put-downs</u> <ul style="list-style-type: none"> explain what is meant by a put-up or put-down and how this can affect people demonstrate a range of strategies for dealing with putdowns recognise what is special about you 	 
strength	something you are good at and which you feel confident about. It might be something you often rely on.		
attribute	a characteristic or quality of a person.		
put-down	an insult; an unkind or demeaning remark.	<u>Dealing with Set-backs</u> <ul style="list-style-type: none"> describe how it feels when there are set-backs know some positive ways to manage set-backs and how to ask for help or support recognise that everyone has setbacks at times, and that these cannot always be controlled 	Where to find help: <ul style="list-style-type: none"> talk to a trusted adult like a teacher or parent Call ChildLine: 0800 11 11 www.childline.org.uk
put-up	a compliment; a kind or admiring remark (the opposite of a put-down)		
strategy	a plan of action intended to accomplish a specific goal.		At the end of the topic I can: <ul style="list-style-type: none"> celebrate achievements and set personal goals deal with put-downs deal with set-backs in positive ways
setback	an obstacle, delay, or disadvantage.		
support	help		