

## Dreams and Goals – Social and Emotional Skills

### **EYFS**

Understand that challenges can be difficult  
Resilience  
Recognise some of the feelings linked to perseverance  
Recognise how kind words can encourage people  
Talk about a time that they kept on trying and achieved a goal  
Be ambitious  
Feel proud  
Celebrate success

### **KS1**

Y1  
Recognise things that they do well  
Explain how they learn best  
Recognise their own feelings when faced with a challenge/obstacle  
Recognise how they feel when they overcome a challenge/obstacle  
Celebrate an achievement with a friend  
Can store feelings of success so that they can be used in the future

### **Y3**

Can break down a goal into small steps  
Can manage feelings of frustration linked to facing obstacles  
Imagine how it will feel when they achieve their dream/ambition  
Recognise other people's achievements in overcoming difficulties  
Recognise how other people can help them to achieve their goals  
Can share their success with others

### **LKS 2**

### **Y2**

Recognise how working with others can be helpful  
Be able to work effectively with a partner  
Be able to choose a partner with whom they work well  
Be able to work as part of a group  
Be able to describe their own achievements and the feelings linked to this

### **Y4**

Have a positive attitude  
Can identify the feeling of disappointment  
Be able to cope with disappointment  
Can identify what resilience is  
Can identify a time when they have felt disappointed  
Can talk about their hopes and dreams and the feelings associated with these  
Help others to cope with disappointment  
Enjoy being part of a group challenge  
Can share their success with others

### **UKS 2**

### **Y5**

Verbalise what they would like their life to be like when they are grown up  
Appreciate the contributions made by people in different jobs  
Reflect on the differences between their own learning goals and those of someone from a different culture  
Appreciate the differences between themselves and someone from a different culture  
Understand why they are motivated to make a positive contribution to supporting others  
Appreciate the opportunities learning and education can give them

### **Y6**

Understand why it is important to stretch the boundaries of their current learning  
Be able to give praise and compliments to other people when they recognise that person's achievements  
Empathise with people who are suffering or living in difficult situations  
Set success criteria so that they know when they have achieved their goals  
Recognise the emotions they experience when they consider people in the world who are suffering or living in difficult circumstances

