**Next steps**

Draw together the skills learnt across the cardinals and use them in projects. This provides a foundation for learning in future years.

**Lesson 4 Overcoming failure and learning from mistakes**

Discuss why failure occurs – sometimes in our control and sometimes not.

Compare different examples of people in history who have failed and then succeeded at something.

Identify characteristics required to overcome failure and learn from mistakes.

**Lesson 2 Development of our warrior spirit – being strong and independent**

Discuss things that can take us off course and how we can get back on track, focusing on being strong and independent and not just conforming socially.

Describe other factors we need to consider as we develop our Warrior spirit.

**Lesson 1 Compass for Life (CFL) Introduction to the West Cardinal**

Identify perceived characteristics of a Warrior.

Describe some people who have demonstrated Warrior spirit and why you feel they have done this.

**Links to previous learning**

This builds on prior learning of the idea of having a compass for life and covers the final cardinal. This will build on work covered at Primary school on physical and mental resilience and well being.

**Lesson 3 Developing emotional resilience**

Compare and contrast strategies for building emotional resilience.

Review actions each individual needs to take to move towards their Super North Star.

Learning Journey- *Year 7 PSHRE Term 4*