**Links to future learning**

This will help us with all of our curriculum subjects – thinking about how to be successful.

It will link directly to the careers-based learning in term 5.

Links to previous learning

This will build on the work you completed in year 7 where you started to explore your compass for life and identify your super north star.

**Emotional literacy – self awareness**

Identifying ways we can improve our skills around sensitivity and self-awareness. Applying this to case studies and thinking about how it can benefit us in the future.

**Personal development and target setting**

 Identifying skills and behaviours needed to be successful. Learning how to set SMART targets to achieve goals.

Learning Journey- *Year 8 PSHRE Term 1*

 **Self-confidence and goals**

Identify confidence boosters and describe how we can use them to help us achieve our goals.

 **Managing my behaviour**

Identify self-management and behavior skills. Look at how we can use these skills in different situations to help us to be successful.