

Being me in my world

Overview	Key Vocabulary
<p>Being me in my world</p> <p>In this unit I will:</p> <ul style="list-style-type: none">• I can identify my goals for this year, understand my fears and worries about the future and know how to express them• I know how to use my Jigsaw Journal• I know that there are universal rights for all children but for many children these rights are not met• I understand that my actions affect other people locally and globally• I can make choices about my own behaviour because I understand how rewards and consequences feel and I understand how these relate to my rights and responsibilities• I understand how an individual's behaviour can impact on a group• I understand how democracy and having a voice benefits the school community	<p>Goals— A goal or objective is an idea of the future or desired result that a person or a group of people envision, plan, and commit to achieve.</p> <p>Worries— “Worrying” means thinking about something in your life that make you feel uncertain, uncomfortable, unhappy or frightened</p> <p>Fears— an <u>unpleasant</u> emotion caused by the threat of danger, pain, or harm.</p> <p>Community— the condition of sharing or having certain <u>attitudes</u> and interests in common.</p> <p>Maslow— Maslow's theory states that our actions are motivated by certain physiological and psychological needs that progress from basic to complex.</p> <p>Empathy—the ability to understand and share the feelings of another.</p> <p>Comparison— a consideration or estimate of the <u>similarities</u> or <u>dissimilarities</u> between two things or people.</p> <p>Opportunities— a time or set of circumstances that makes it possible to do something.</p> <p>Rights— a moral or legal entitlement to have or do something.</p> <p>Responsibilities— the opportunity or ability to act independently and take decisions</p> <p>Consequences— a result or effect, typically one that is <u>unwelcome</u> or <u>unpleasant</u>.</p> <p>Empathise— If you empathize with someone, you understand their situation, problems, and feelings, because you have been in a similar situation.</p>
Key Facts	
<ul style="list-style-type: none">• Maslows hierarchy of needs—Needs lower down in the hierarchy must be satisfied before individuals can attend to needs higher up. From the bottom of the hierarchy upwards, the needs are: physiological, safety, love and belonging, esteem and self- actualization. This five-stage model can be divided into deficiency needs and growth needs.• Worrying is focusing your thoughts on all the negative outcomes at the opportunity cost of applying that same energy towards problem solving. Fears need a combination of acceptance and positive reassurance to be managed. The energy you direct towards your thoughts and feelings is what you feed your state of mind.	