YEAR 2 • PSHE • UNIT 6

# “No Way Through” Isn’t True!

What can we do if our first idea doesn’t work?

## What we need to know

### Look for another route

A road sign may show a different way to go. When one idea doesn’t work, try another or ask for help.

### Try a different way to say it

If you think ‘I can’t do this’, try ‘I can start with one small step’ or ‘I can ask someone to help’.

### Learn from a challenge

Think about what helped you get through a hard moment and what you could try next time.

### Imagine a bright future

Think of something you hope to do. Ask ‘What if I gave it a go?’ and choose a first step.

### Be an energy detective

Look for signs of energy, like lights shining. You can save energy by turning off lights when you leave an empty room.

## Key words

**solution** A way to solve a problem.

**challenge** Something that takes effort.

**persevere** Keep trying when something is hard.

**hope** Something you would like to happen.

**save energy** Use less energy when you can.

## Can you remember?

1. What could you do if your idea gets stuck?
2. How could you change ‘I can’t do this’?
3. What is one hope you have?
4. How could you save energy in school?

Based on the HeartSmart Year 2 resource list and Year 2 curriculum overview.