YEAR 3 • PSHE • UNIT 6

# “No Way Through” Isn’t True!

What helps us keep going through setbacks and change?

## What we need to know

- Progress can involve steps forward and setbacks. A setback gives us a chance to work out what might help next.
- When your first idea fails, try a smaller step, a different approach or ask for help.
- First aid means helping someone who is hurt or suddenly ill. Get a trusted adult straight away in an emergency.
- A goal is easier to work towards when you choose a small first step and practise it.
- Change can bring mixed feelings. Talk about what will be different and find one familiar routine or person that can help.

## Key words

**progress** moving closer to a goal

**setback** a difficulty that slows your progress

**perseverance** continuing to try when something is hard

**first aid** immediate help for someone who is hurt or ill

## Can you remember?

1. What is a setback?
2. What could you do when your first idea fails?
3. What should you do first if someone is seriously hurt?
4. What can help when a change feels worrying?

Sources | HeartSmart · Year 3 curriculum overview