

# PSHE Concepts

## Tornado Zone

the state of dysregulation after a trigger

enraged

## Emotions

comfortable/uncomfortable messengers

## Resilience

facing life's challenges

## Road to Success

the steps out of the Pit of Failure

## Circle of Kindness

creating a community where everyone belongs



belong

## Hiding/facing mistakes

choices when we make a mistake

excited

## Value

a type of behaviour that we would like to show

## Expressing Yourself

telling a trusted person how you are feeling (courage)

courage

## Collaboration

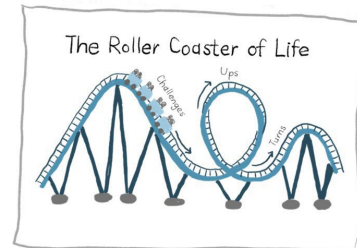
when people work together to complete a task

## Active listening

giving full attention to what someone is saying

## Roller Coster of Life

ups and challenges of life



## Boundary

calm and clear statement of my needs

## Thought gremlin

unhelpful thought that focuses on the negative

## Empathy

recognising how someone is feeling

## Gratitude

thankful for the things that we have

## Stereotyping

judgement based on how someone looks

## Courageous presenting

stand tall, loud and clear, pause and connect

## Learning Arena

the place where you find the courage to have a go

