

PSHE Concepts

Tornado Zone

the state of dysregulation after a trigger

Emotions

comfortable/uncomfortable messengers

Resilience

facing life's challenges

Road to Success

the steps out of the Pit of Failure

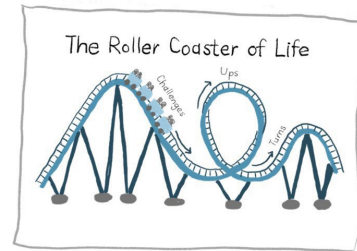
Circle of Kindness

creating a community where everyone belongs



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



Hiding/facing mistakes

choices when we make a mistake

Press Pause

to stop and think before acting

Expressing Yourself

telling a trusted person how you are feeling (courage)

Collaboration

when people work together to complete a task

Active listening

giving full attention to what someone is saying



Courageous presenting

stand tall, loud and clear, pause and connect

The Arena

the place where you find the courage to have a go

