

Thursday - PHSE lesson

In PHSE we have been looking at new goals, dreams and challenges.

When we decide to learn something new, this is almost like 'stretching our learning'. It is great for our minds to learn new things and to **stretch** our skills. Sometimes, this won't be easy and we must remember that, new things are difficult at first.

The more we practise and have patience with our learning, the easier it will become. When we learn new things we have to **stretch** our thinking or our skills. This usually means trying over again and again, **stretching** a bit more and a bit more. For example, when



Can you think of a time when you stretched your learning?

This could be, walking, learning to ride a bike, swimming, zipping up your coat on your own, getting dressed, brushing your teeth, using a knife and fork—there are lots!