

Jigsaw Jaz's Journey

Dreams & Goals

How can I overcome obstacles when working towards a goal?

determination

I will learn about...

- What my hopes and dreams are
- How to manage feelings of disappointment
- How it might help to think positively and reflect on my experiences
- How to change and make new plans
- How to take small steps to achieve a goal on my own or as part of a group

positive attitude

I will explore...

- How it feels to have hopes and dreams
- How disappointment feels and how to cope with it
- How to help others cope with disappointment
- How to be resilient and have a positive attitude
- How it feels to rise to a group challenge and share our success

appearance

resilience

self-belief

disappointment

commitment

cope

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How can you use a reflection to help you improve for next time?

How does being resilient and having a positive attitude help a person to be successful?

My Thinking Pad

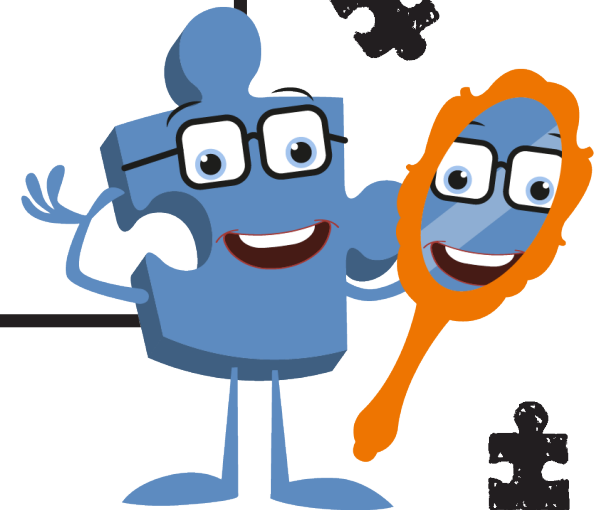
What have I learnt in this puzzle that helps me to reach my dreams and goals?

Being resilient means...

Having a positive attitude includes...

I can plan and set new goals after a disappointment by...

It is good to reflect on what went well or not so well because...



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