



Goals

Discussion Cards



Practise regularly.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

Attend a club.



Give yourself time.



Watch carefully.



Listen carefully.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

Ask for help
when needed.



Believe in yourself.



Learn from
mistakes.



Show self-control



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).

Have
determination.

