Before we start let's remind ourselves our Jigsaw Charter Rules - they still apply at home.

PSHE: Set learning goals

What is a New Year's resolution?

PSHE: Set learning goals

Why is it important to have a goal?

What goals have you set for yourself this academic year?

What progress have you made in your existing goals?

Watch the following clip

https://www.youtube.com/watch?v=ipozWJ1YweQ

Retell what happened to someone at home - think about the key parts.

What do you think the mirror does?

PSHE: Set learning goals

Draw a picture of yourself in the mirror achieving your goals - make sure you think of something both in an out of school.

PSHE: Set learning goals

Well done for completing
today's lesson.
Take a photo of your work
and send it to your teacher.