

Staying Positive

The ability to use tactics and strategies to overcome setbacks and achieve goals



•	I understand what emotions are
• •	I know that emotions might be positive or negative
• • •	I know why understanding emotions is important
STEP 0	I can tell when I feel positive or negative



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STEP
0

I can tell when I feel positive or negative

•

I explain what positive and negative emotions look like

• •

I know what events might lead to positive and negative emotions

• • •

I recognise and name emotions in others

STEP
1

I can tell when others feel positive or negative



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STEP 1

I can tell when others feel positive or negative

•

I know typical emotional responses to something going wrong

• •

I explain the downsides of giving up

• • •

I know different strategies to motivate myself to keep trying

STEP 2

I keep trying when something goes wrong



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STEP 2

I keep trying when something goes wrong

•

I know typical actions people make to emotional responses

• •

I know different strategies to help me stay calm

• • •

I know how staying calm can help me to keep trying

STEP 3

I keep trying and stay calm when something goes wrong



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STEP 3

I keep trying and stay calm when something goes wrong

•	I manage my emotional response to something going wrong
••	I take a positive approach to learning from something going wrong
•••	I analyse when something goes wrong and learn lessons

STEP 4

I keep trying when something goes wrong, and think about what happened



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STEP 4

I keep trying when something goes wrong, and think about what happened

•	I identify clues to recognise others' emotional responses
• •	I understand why cheering others up is helpful
• • •	I use appropriate strategies to cheer up others when something goes wrong

STEP 5

I keep trying when something goes wrong and help cheer others up



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STEP 5

I keep trying when something goes wrong and help cheer others up

•

I define and describe what motivation is

• •

I recognise how motivation can change when something goes wrong

• • •

I encourage others to remain motivated and keep trying

STEP 6

I keep trying when something goes wrong and encourage others to keep trying too



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STEP 6

I keep trying when something goes wrong and encourage others to keep trying too

•

I identify the challenges or risks in a situation

• •

I recognise that opportunities exist even in difficult situations

• • •

I know how to start identifying opportunities in difficult situations

STEP 7

I look for opportunities in difficult situations



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STEP
7

I look for opportunities in difficult situations

•

I identify appropriate language to express the positive side of a difficult situation

• •

I effectively share the positive side of a difficult situation

• • •

I involve others in identifying a positive side for themselves

STEP
8

I look for opportunities in difficult situations, and share these with others



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STEP
8

I look for opportunities in difficult situations, and share these with others

•	I analyse a difficult situation to review strengths and weaknesses
• •	I analyse a difficult situation to identify opportunities and threats
• • •	I adapt plans to make the most of opportunities

STEP
9

I look for opportunities in difficult situations, and adapt plans to use these opportunities



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STEP 9

I look for opportunities in difficult situations, and adapt plans to use these opportunities

•

I review a difficult situation and identify viable opportunities

• •

I identify the goals for what we want to achieve

• • •

I work through set stages to create a viable plan

STEP 10

I look for opportunities in difficult situations, and create new plans to use these opportunities



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STEP 10

I look for opportunities in difficult situations, and create new plans to use these opportunities

•

I identify potential risks in opportunities

• •

I identify potential gains in opportunities

• • •

I know how to compare risks and potential gains

STEP 11

I identify risks and gains in opportunities



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STEP
11

I identify risks and gains in opportunities

•

I define and explain how to mitigate risks

• •

I define and explain how to manage risk aversion

• • •

I make plans to realise gains

STEP
12

I identify risks and gains in opportunities, and make plans to manage them



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STEP 12

I identify risks and gains in opportunities, and make plans to manage them

•	I know why you might have to support others to stay positive
••	I recognise how emotions and responses impact on others
•••	I identify appropriate responses to positively influence others in a range of situations

STEP 13

I support others to stay positive, by managing my own responses



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STEP 13

I support others to stay positive, by managing my own responses

•	I know how coaching helps others identify opportunities
• •	I identify how to support someone into the right mindset to be coached
• • •	I know how to coach to support someone to spot new opportunities

STEP 14

I support others to stay positive, by helping others to see opportunities



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STEP 14

I support others to stay positive, by helping others to see opportunities

•

I know how to coach someone to identify strengths and weaknesses

• •

I know how to coach someone to spot opportunities and threats

• • •

I know how to coach others to set goals and create plans

STEP 15

I support others to stay positive, by helping others to see opportunities and creating plans to achieve them

