



Discover

A growth mindset means recognising that effort and actions can help you progress. It can contribute to our sense of progress and feelings of accomplishment.



Take notice

We can deduce how someone is feeling by the way they act, what they say and their facial expressions. You can support someone by:

- Listening.
- Offering help.
- Sharing kind words.
- Cheering them up.
- Keeping them company.
- Directing them to a trusted adult.



Connect

Working as part of a team can help us develop vital communication and collaboration skills. Working together to achieve a common goal gives us a sense of belonging, developing our confidence and self-esteem.



Give

Being kind to others can improve the functioning of the immune system, stimulating increased production of serotonin, helping us feel calm, relaxed and happy.



Vocabulary

appreciate	The full worth of someone or something.
collaboration	Working together.
growth mindset	By making effort you can progress.
infer	To make an educated guess.
self-esteem	How one feels about themselves.
serotonin	A happy chemical in the brain.
disability	A long-standing condition, illness or injury that makes it difficult for someone to do things.



Move

Para sports allow people with disabilities to access a range of activities. Some examples of adapted sports are:

- Boccia.
- Polybat.
- Amputee football.
- Wheelchair basketball.
- Sledge hockey.

The benefits of Para sports include:

- They help make sport accessible.
- They raise awareness of the disabled community.
- They help build a community.
- They help people to challenge themselves and gain confidence.