



PSCHE - Personal, Social, Citizenship, Health and Economic Education

Core Theme: Health and Wellbeing

Year: 4

Term: Spring 1

Lower Key Stage 2 Changes

What I have learnt already

H5 - Explore what change means.

H5 - Explore loss and change and the associated feelings.

H8 - Explore the changes of growing from young to old.

H9 - Explore how to manage change positively.

H13 - Identify strategies and where to go for help.

Key Learning	
H6 - Understand good and not so good feelings including their range and intensity.	
H7 - Develop an understanding that change can cause conflicting emotions.	
H7 - Acknowledge, explore and identify how to manage change positively.	
H8 - Explore changes.	
H14 - Know where to go for help and how to ask for help.	

Key Knowledge

Changes can include events like moving or starting a new school/class, moving house, loss, divorce, a new baby, growing up, changing friendships and starting a new club.

Change can cause conflicting emotions. You can feel more than one emotion at a time and that is ok.

There are lots of ways you can get support if you feel uncomfortable such as talking to any adult you trust, The Worry Box, The Wellbeing Display, Wellbeing Wednesday or The Worry Monster.



We will know that change is a part of life and how to manage our emotions when change happens.

Key Vocabulary		
emotions	comfortable	uncomfortable
change	intensity	loss
divorce	conflicting	help
beginning	end	living



Our PSCHE Ground Rules...

- We listen to each other.
- We show respect.
- We support each other.
- We ask questions if we want to.
- We know we can talk to any adult in school if we want to talk or need help.