



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

Core Theme: Health and Wellbeing

Year: 2

Term: Spring 1

Key Stage 1 Changes

What I have learnt already

Managing new experiences.

Taking on new challenges.

Building confidence.

Managing changes at home.

Key Learning

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 Knowledge



I CAN...



DO SOMETHING I ENJOY

Change can include...

Starting a new school

Moving house

Loss

Growing up

Families

Friends

Starting a new club

A new baby



TALK TO SOMEONE



ASK FOR A HUG



MAKE SOMETHING



COLOR OR WRITE ABOUT MY FEELINGS



PLAY WITH A PET



IT'S OK TO CRY



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

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.

Key Vocabulary

change	loss	feelings
growing	old	young
strategies	help	emotions
positive	negative	

