



Mickleover Primary School – PSHE Knowledge Organiser

Title: Changes

Year Group: 6

Term: Summer 2

Key Learning Themes

- To recognise that feelings can change over time, and range in intensity.
- Identifying the everyday things that affect feelings, and the importance of expressing how we feel.
- To learn how to use a varied vocabulary when talking about feelings.
- To recognise the signs when someone may be struggling and how to seek support.
- Discussing change and loss, and how these can affect feelings, thoughts and behaviours.
- Identifying strategies for dealing with emotions, challenges and change.
- Identifying strategies to manage transitions between classes and key stages

Key questions:

- How and why do our feelings change of time?
- Why is important to express our feelings?
- What vocabulary can be used to express feelings?
- What are the signs of someone struggling and what can be done to help them?
- How do changes and loss affect our feelings, thoughts and behaviour?
- What can we do when things become challenging for us?
- What can we do to help ourselves when moving classes or schools?

Useful vocabulary

conflicting emotions

anxiety

feeling overwhelmed

embarrassment

Coping strategies



Ground rules

1. We will listen to each other.
2. We won't make fun of anyone.
3. You can 'pass' when answering a question.
4. We will not discuss our personal lives or use names
5. We know we can talk to our teacher or another adult in school if we want to talk or need help.

