



Mickleover Primary School – PSHE Knowledge Organiser

Title: Changes

Year Group: 4

Term: Autumn 2

Vocabulary you will know...

Change	Something different.
Feelings	An emotion state or reaction to something.
Challenges	The situation of being face with something that is difficult.
Strategies	A way of achieving an aim.
Comfort Zone	Where you feel at ease and safe.
Bravery	Doing something within the presence of fear.



MOTIVATED



Key Learning

- ✓ Recognise that feelings can change over time and range in intensity.
- ✓ Identifying the everyday things affect feelings and the importance of expressing how we feel.
- ✓ Using a varied vocabulary when talking about feelings.
- ✓ Recognising the signs when someone may be struggling and understand 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.

PROUD

Key Questions

Why can change/loss be so hard?

Why is feeling supported really important when we face everyday challenges or changes?

How might we recognise that someone is struggling with new changes or challenges?

Our PSHE Ground Rules

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.

© PSHE Association 2019

12

SUCCESSFUL