

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 faced with something that is difficult.
Strategies	A way of achieving an aim.
Comfort Zone	When you feel at ease and safe.
Bravery	Doing something within the presence of fear.



MOTIVATED

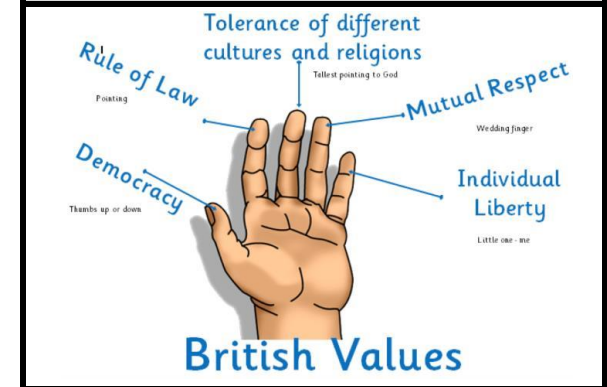


Key Learning

- ✓ Recognise that feelings can change over time and range in intensity.
- ✓ Identify everyday things that affect our feelings and the importance of expressing how we feel.
- ✓ Recognise the signs when someone may be struggling and understand how to seek support.
- ✓ Discuss change and loss and how these can affect feelings, thoughts and behaviours.
- ✓ Identify strategies for dealing with emotions, challenges and change.

PROUD

British Values



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.

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SUCCESSFUL