

Curriculum overview

During this unit we will explore what change and loss means. We will consider what feelings we might go through when we experience change and loss. We will learn about the changes that occur when we grow from young to old. We will learn strategies to help manage change positively and will learn where we can go for help when we need it.

Key vocabulary

Change	For something to be altered / modified.
Loss	The process you go through after losing something or someone.
Feelings	An emotional state or reaction.
Growing	Increasing in size and changing physically.
Old	Having lived for a long time. No longer young.
Young	Having lived for only a short time.
Help	Making it easier or possible for someone to do something by offering services or resources.
Emotions	A strong feeling in reaction to what's happening in the world around you.

Our topic is...



Changes

Sticky knowledge

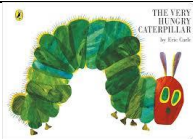
-Change is when something is different for example, starting a new school or having a new sibling.

-Loss is when you lose something or someone for example, losing a tooth or a pet dying.

-To get help with emotions, you can ask for help from any adult in school, a parent and a friend.

-Change can feel positive and negative and this is ok.

-Discussing feelings with a safe person can help to manage emotions.



What changes does the caterpillar go through? How did he feel?



Mum and Dad glue by Kes Gray
How did the characters feel throughout the story?
What emotions did they feel?