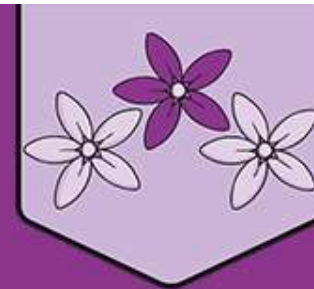


Changes



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Aim

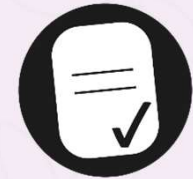
- I can discuss how change and loss make me feel.

Success Criteria

- I can describe a time of change in my life.
- I can talk about how I can help myself and others in times of change.

**The Questions we will
be exploring today.**

The Big Questions



How does it feel when things change
or we lose something precious?

What can we do to help
ourselves and others
when this happens?

What do these questions
make you think about?



Reconnecting

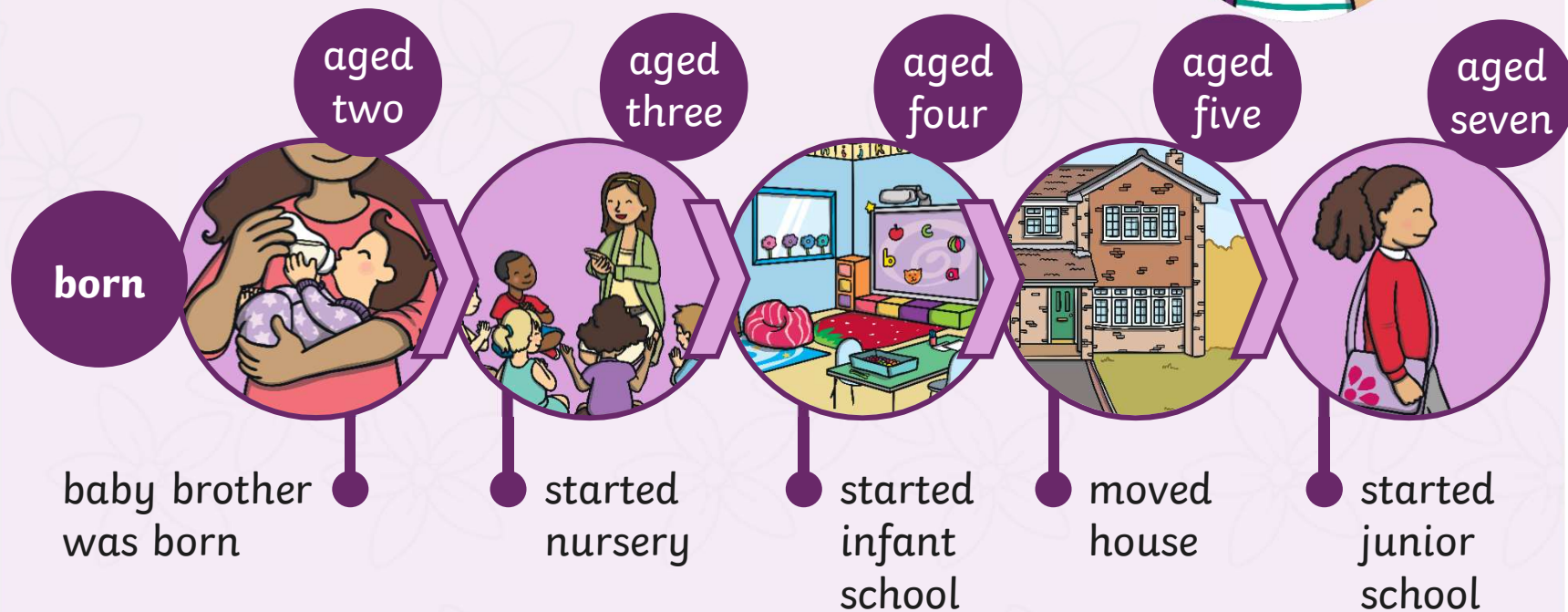
Life Changes

Life changes for us all. These can be happy changes. They might also be changes which make us feel a bit worried or sad.



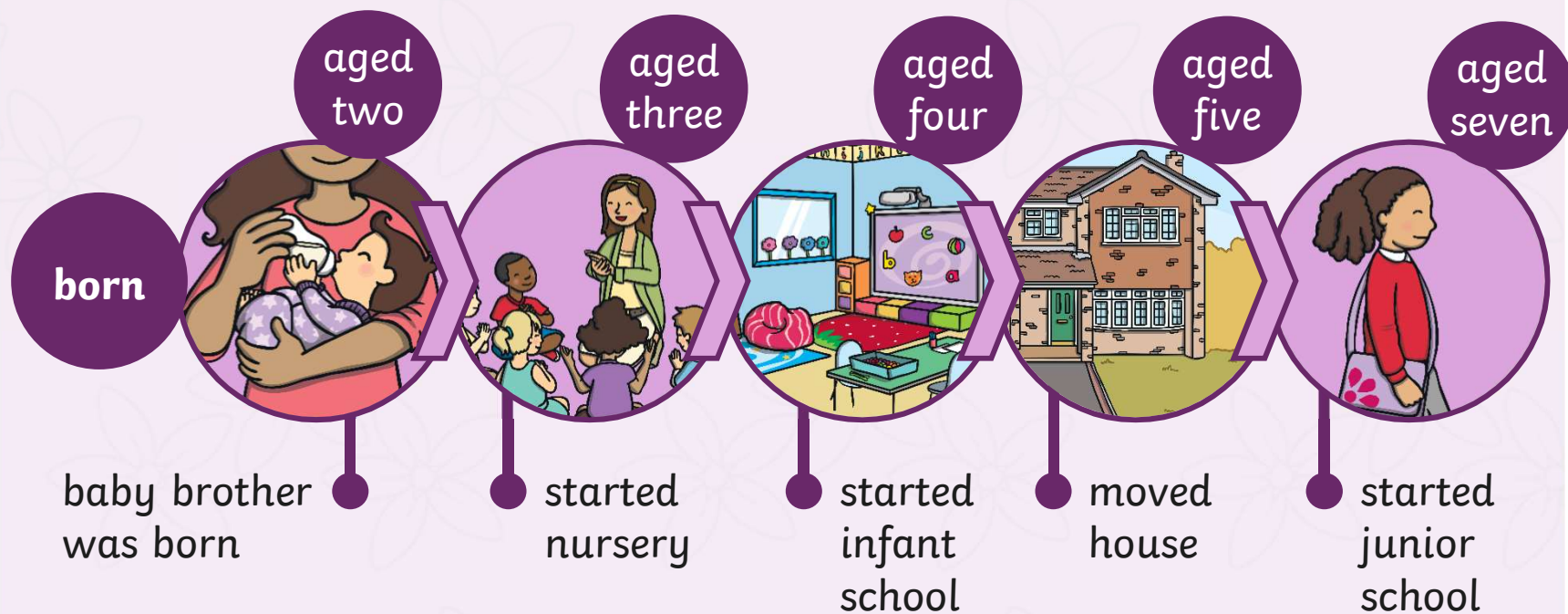
Life Changes

This is a timeline of Shannon's life. She is eight years old. It shows some of the big changes that have happened in her life.



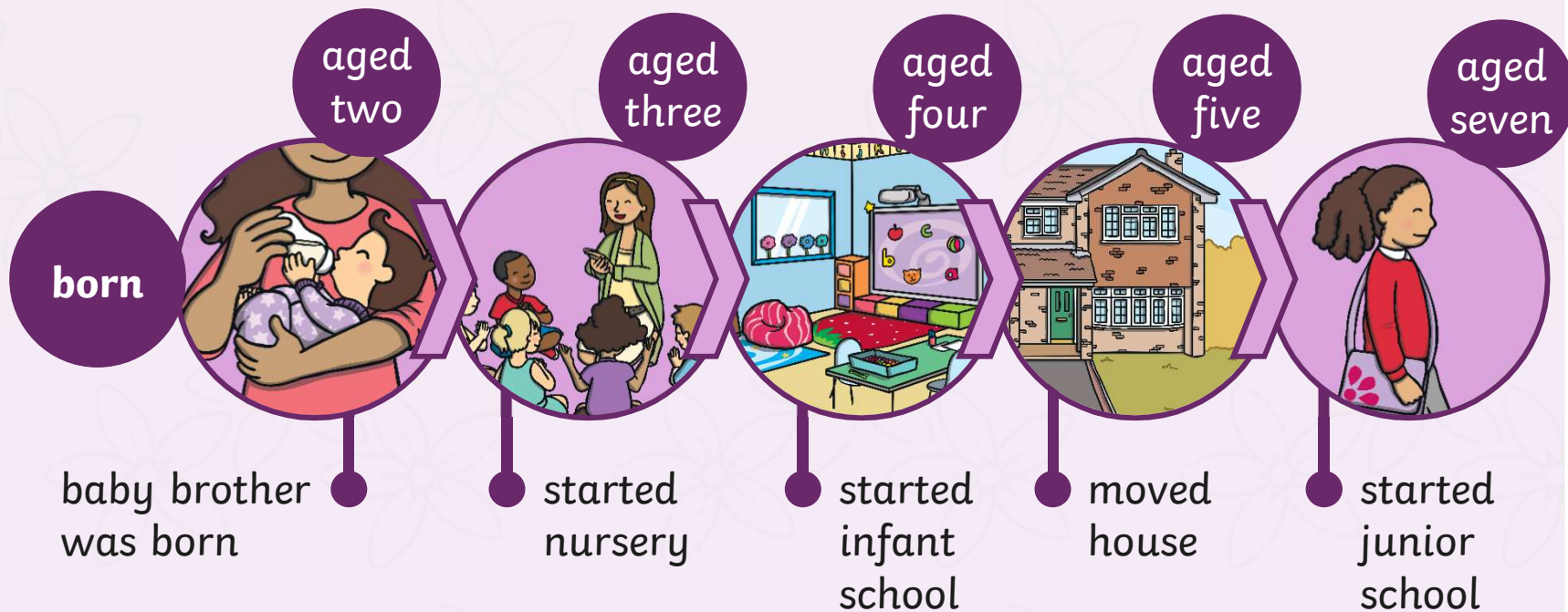
Life Changes

What big changes has Shannon gone through in her life so far?



Life Changes

What changes have you gone through in your life so far?





Exploring

How Change Makes Us Feel

Change can make us feel lots of different things.

We are going to look at some big changes that can happen in our lives and think about how these might make us feel.

For each change, talk about your ideas with a partner and then share your thoughts with the class. We can use our learning from 'Mood Monsters' to help us identify different emotions.

How Change Makes Us Feel

Things change when a new baby arrives in the family.

How do you think it might feel when a child goes from being the only child in the house to a new baby joining the family? Why?



How Change Makes Us Feel



Things change when you move house.

How do you think it might feel to move house? Why?

How Change Makes Us Feel

Losing something can be a very hard change to go through. Let's look now at different situations where children have lost something and think about how they might be feeling.

How Change Makes Us Feel

Ahmed is four years old. Ever since he was a baby he has slept with a blanket. This morning he left it in the park. Ahmed is just about to go to bed and has realised his blanket is missing.

How might Ahmed be feeling? Why?



How Change Makes Us Feel

Siana is five years old. When she was four, she went to watch England play football and got her football signed by lots of footballers. Siana loves football, so this football is really precious to her. Sophie took the football to show others in her school and, at lunchtime, it went missing. Everyone in school is looking for the football but at the moment it is lost.

How might Siana be feeling? Why?

There are some things we can do to help ourselves...

Loss is a very difficult change – it can make us feel very, very sad. It is OK to feel this way and is part of coping with loss.



Helping Ourselves



There are lots of ways we can help ourselves when things change and we feel sad, worried or maybe a bit frightened.

In your groups, match the change to the thing you could do to help you cope with that change.

You can either complete the attached sheet or discuss on the next page.



Helping Ourselves

Draw a line to match the change to something that you could do to cope with that change. Talk about your ideas in your group.

Changes



Things change when you move to a new house.



Things change when you lose a much-loved pet.



Things change when you start a new school.



In all these situations, it is important to talk to someone you trust about how you are feeling and what you need.

What could I do to help myself?

Make a memory box of things that remind me of my old home.

Take pictures of my new room and work with my family to make it a new room.

Keep in touch with my old friends and write a list of all the things about my new school.



PSHE and Citizenship



Helping Ourselves

Draw a line to match the change to something that you could do to help you cope with that change. Talk about your ideas in your group.

Changes



Things change when you move to a new house.



Things change when you lose a much-loved pet.



Things change when you start a new school.



In all these situations, it is important to talk to someone you trust about how you are feeling and remember, whatever you are feeling is OK.

What could I do to help myself?

Make a memory book to look back and help me remember.



Take pictures of my old house and work with my family to set up my new room.



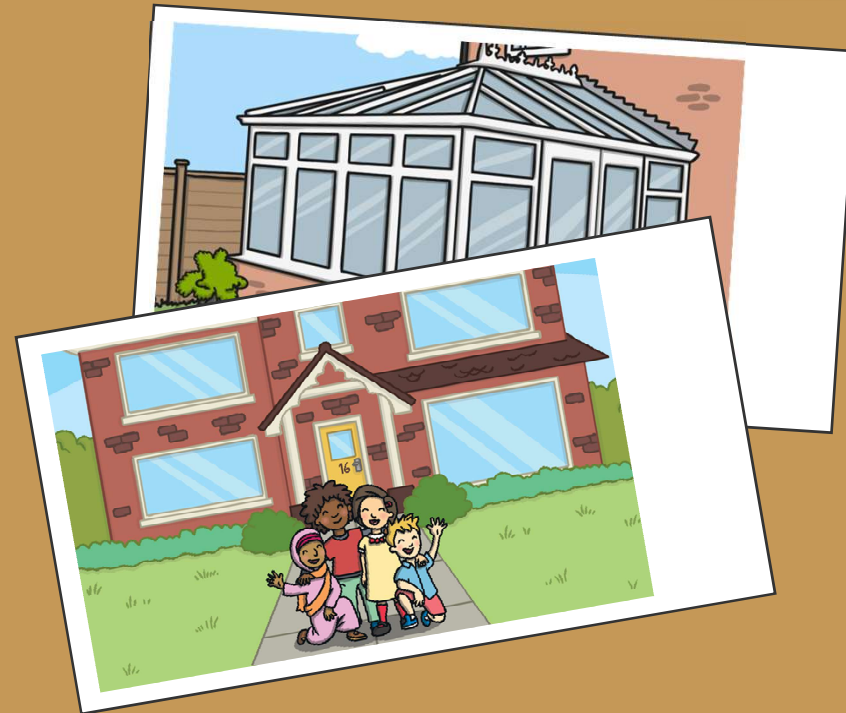
Keep in touch with my old friends and write a list of all the exciting things about my new school.



Helping Ourselves



Well done! It is OK to feel sad, worried or frightened when things change but remember there are lots of things we can do and people who are there to help us cope. It is important to talk to someone you trust about how you are feeling.



Consolidating

An Image of Change

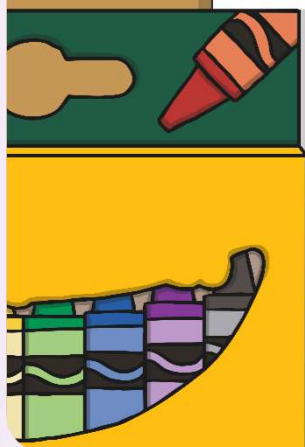


An Image of Change

Draw a picture of a change that has happened in your life. Around the picture, write words to describe how it made you feel. You can use the word mat to help you.

Draw a picture of a change that has happened in your life. Around the edge of your picture, write words to describe how the change made you feel.

Remember, when things change in your life, it can help to share your feelings with someone you trust.



This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association [Programme of Study](#).



PSHE and Citizenship | Year 1 | Relationships | Be Yourself | Changes | Lesson 5

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Reflecting

Helping Others

When we are going through any change, it is important to talk to people around us about our feelings and to give ourselves time to cope with the change. Remember to be kind to yourself and let yourself feel the different feelings you have.



We can be a good friend to others who are finding change hard too.

Sit in a circle.

Think about your answer to this question.

How could you help your friends when they are finding change difficult?

Helping Others

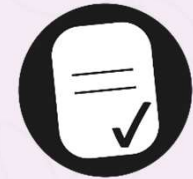
Now, go around the circle and, one at a time, share your ideas. Remember you can say pass if you would like to.

What caring children we have in this class.
Thank you!



The Big Questions

The Big Questions



How does it feel when things change
or we lose something precious?

What can we do to help
ourselves and others
when this happens?

What have you
learnt today?

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