

The ASPIRE Curriculum-Key Learning



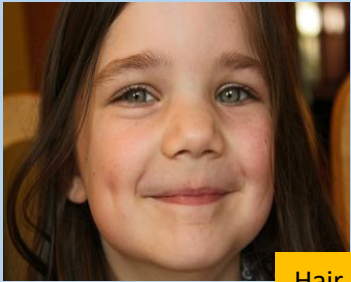
Title: Changing Me

Year 4 Summer 2

Subject: PSHE

Key Knowledge

- I know that personal characteristics are inherited from birth parents.
- I know that change is a normal part of life and that some changes cannot be controlled and have to be accepted.
- I know that change can bring about a range of different emotions.



Hair and eye colour are characteristics we get from our parents.

Talking to a trusted adult can help us when we have worries.



Key Skills (Social and Emotional)

- I can appreciate my own uniqueness and that of others.
- I can apply the circle of change model to myself and have strategies for managing change.
- I have strategies for managing the emotions relating to change.

Key Vocabulary

Acceptance	Have an understanding that things change and that changes are ok.
Characteristics	A feature or quality belonging to a person
Change	Something that is different from the ways things normally are or look.
Circle of change model	A way of managing changing situations.
Control	If we can do something or not to stop a change.
Prepare	To get ready for something.
Unique	Being the only one like this.

Changing Me

