

PSHE Year 4 Summer 2 – Changing me



PSHE

Powerful knowledge/skills for this unit:

Knowledge

I will:

- understand that lots of things make up a person's identity and this is what makes them unique
- describe how a girls' body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this
- know there are many types of family and that often our family members form part of our inner circle
- know there are trusted people I can turn to if I need help and support as I grow up and go through puberty
- know how the circle of change works and can apply it to changes I want to make in my life
- identify changes that have been and may continue to be outside of my control that I learnt to accept
- I can identify what I am looking forward to when I move to a new class

Social and emotional skills

I will:

- describe how I will have choices about developing my own identity and interests as I grow up and that these will contribute to who I am
- have strategies to help me cope with the physical and emotional changes I will experience during puberty
- know that sometimes I may feel anxious about growing up and this is normal. There are people who can support me •
- be confident enough to try to make changes when I think they will benefit me
- express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively
- reflect on the changes I would like to make next year and describe how to go about this

Key vocabulary

Acceptance, anxious, belonging, care, characteristics, change, choices, circle, control, family, fallopian tube, hobbies, hormone, identity, inner circle, interests, love, looking forward, menstrual cup, menstrual cycle, menstrual pads, menstrual towel, menstruation, ovaries, panty liner, period pants, period products, periods, personality, proud,

Big Question:

How can I manage my feelings when change happens?

The zones of regulation



By the end of this topic...

I can summarise the changes that happen to boys' and girls' bodies that prepare them for making a baby when they are older.

I can explain some of the choices I might make in the future and some of the choices that I have no control over. I can offer some suggestions about how I might manage my feelings when changes happen.

Mindmate Monday lesson

MindMate

Year 4 Summer 2 Solving problems

Lesson focus: Difficult situations I can cope in difficult situations

Pupils should have the opportunity to... to understand that, at times, I may experience conflicting emotions I know about different strategies to regulate my emotions.

To recognise what I need to do to support myself and others to deal with a problem or tricky situation I can develop a coping strategy that will work for me when I am dealing with difficult situations or uncomfortable emotions