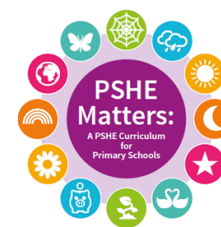




Key Stage 1 Changes



**St Ralph
Sherwin**
Catholic Multi Academy Trust

We are learning about how we change and grow as we get older; how we experience loss and how we manage change positively.

Learning

H5 - Exploring what change means.

H5 - Exploring loss and change and the associated feelings.

H8 - Exploring the changes of growing from young to old.

H9 - Managing change positively.

H13 - Identifying strategies and where to go for help.

Things to discuss at home:

- Is change normal? How do you feel when things change?
- How have you changed since you were a baby? What is still the same?
- Talk about changes that have occurred across family units since the children were small.
- Discuss what the child would do if they were worried about changes or loss? Do they have a trusted adult they would know to turn to?
- Talk about things they would like to change in the world to make it a better place—is there a small act they could start with to make a difference?

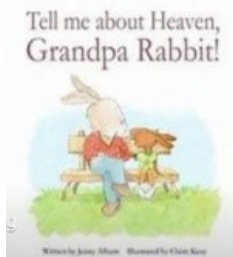
Activities you could do at home:

Play 'change places if' where the children are given different scenarios to consider ie 'Change places if you...want to grow taller' etc.

Play 10 questions where the child gets to ask the grown ups 10 questions about what is like to be older. Adults can then do the same with their child.

Create a family tree looking at old photos and research the different generations in your family tree..

Useful Books



ERIC CARLE
The Tiny Seed

