

Piece 6 (Year 4 - Summer 2) – Changing Me

Weekly Celebration	Pieces	PSHE Education (developed from National Framework DfEE 2000)	Emotional Literacy/Social Skills (Developed from SEAL – Social and Emotional Aspects of Learning DfES 2004)	Resources	Vocabulary
Understand that everyone is unique and special	Unique Me	I understand that some of my personal characteristics have come from my birth parents and that I learn characteristics from my friends and families too	I appreciate that I am a truly unique human being	Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Cat and kitten cards, 'My Parents and Me' Puzzle templates, Jigsaw Journals.	Personal Unique Characteristics Parents
Understand and respect the changes that they see in themselves	Puberty – early changes	I can describe some of the changes that happen to girls and boys as they grow up	I have strategies to help me cope with the physical and emotional changes I will experience during puberty	Jigsaw Chime, 'Calm Me' script, 'How do I feel about puberty' cards, A 'bag of tricks' – a mystery bag containing a collection of items relating to puberty and growing up, for a lucky dip activity, Animation: Jigsaw Journals, Jigsaw Jaz.	Spots Facial hair Pubic hair Underarm hair Cleanliness Deodorant
Can express how they feel when change happens	How Babies Grow	I understand that in animals and humans lots of changes happen when growing up, and that usually it is the female who has the baby.	I can express how I feel when I see babies or baby animals	Jigsaw Chime, 'Calm Me' script, Baby/mother pair cards, PowerPoint slides – Babies, Jigsaw Jino, Visiting mum and baby (if possible) OR new baby pet pictures OR book: 'My New Baby' by Anne Kubler, Jigsaw Journals.	Changes Birth Animals Babies Growing up Mother

Piece 6 (Year 4 - Summer 2) – Changing Me

<p>Understand and respect the changes that they see in other people</p>	<p>Circles of change</p>	<p>I know how the circle of change works and can apply it to changes I want to make in my life</p>	<p>I am confident enough to try to make changes when I think they will benefit me</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Song sheet: 'Changing as I grow', Jigsaw Jaz, Season tree pictures, Book: 'Moving House' by Anna Civardi and Stephen Cartwright, Circle of change PowerPoint slide, Circle of change diagram, Circle of change template, Split pins, Jigsaw Journals.</p>	<p>Circle Seasons Change Control</p>
<p>Know who to ask for help if they are worried about change</p>	<p>Accepting change</p>	<p>I can identify changes that have been and may continue to be outside of my control that I learnt to accept</p>	<p>I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Emotions cards, Jigsaw Song sheet: 'Changing as I grow', Season tree pictures from Piece 4, Change Scenario cards, Jigsaw Journals.</p>	<p>Control Change Acceptance Emotions</p>
<p>Are looking forward to change</p>	<p>Looking ahead to year 5</p>	<p>I can identify what I am looking forward to when I am in Year 5</p>	<p>I can reflect on the changes I would like to make when I am in Year 5 and can describe how to go about this</p>	<p>Jigsaw Chime, 'Calm Me' script, Jigsaw Jaz, Two visiting Year 5 pupils, Circle of change template, Jigsaw Song sheet: 'Changing as I grow', Jigsaw Journals.</p>	<p>Change Looking forward Excited Nervous Anxious Happy</p>