

PSHE

Today we are thinking about changes, why changes happen, whether we have control over them or not and the emotions related to these changes.

We have been thinking about changes that happen in nature and how sometimes humans can influence these, e.g climate change. However humans do not have complete control over nature, sometimes they are out of our control.

Write a list of changes that have happened in your life already that you have not had control over. Next to each of these changes write two words to explain how you felt when these changes were happening.

Choose one of the scenario cards from below and with the people around you discuss:

1. How did you feel about this change?
2. How would you cope with the situation?
3. What bits can you change/not change?
4. Have you accepted that this change will happen or were you wishing it wouldn't?

Scenarios

Move house/Best friend moves away/Start a new school/Have a baby brother or sister/My body starts to go through puberty/My pet dies/Go on a plane for the first time.

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