

How have I changed since I started school?

Over the term, we will be looking at how we have changed and become more of our own person in the years we have been at school. We will be reminded of Growth Mindset and being resilient in our learning and trying no matter how hard things get.

In this unit children will:

- Introduce what it is to be shy, frustrated & relaxed and that is ok to be so.
- Look at ways to detach from emotions and explore ways to deal with negative emotions. Introduce term 'emotional resilience'.
- Work in groups to learn skills and recognising each other's strengths & weaknesses.
- Think about how relationships with friends and family have changed as we have grown.
- Think about how our bodies changed as we grow. Learn about body image.
- What makes me feel good/bad?
- How do I know how others are feeling?
- Learning how to be safe and look after ourselves.
- Thinking about what happens when we get older.

Prior Learning

Year 1 How am I changing physically and mentally?

Year 2 Appreciation of each other.

Cross Curricular Links

Literacy - Writing stories with PSHE twists.

Key Vocabulary

- **Emotional resilience** – how you cope in different and difficult situations.
- **Shy** – to be nervous or timid in the company of other people.
- **Frustrated** – feeling or expressing distress and annoyance resulting from an inability to change or achieve something.
- **Relaxed** – free from tension and anxiety.
- **Friendship** – the emotion and conduct between friends.
- **Relationships** – the way in which two or more people are connected. This can be friendship.
- **Physical** – relating to the body.
- **Mental** – relating to the mind.
- **Emotional** – relating to a person's feelings.
- **Stereotypes** – a widely held but fixed and oversimplified image or idea of a particular type of person or thing.

Key Knowledge

- It is fine to understand your own body and know what you like and what you don't like.
- To be relaxed and feel comfortable in a situation is fine.
- To feel shy and nervous in a situation is also fine and will discuss ways to help this.
- A strength is something that you are good at and support other people with.
- A weakness is something that you can recognise you need to work on and can be better at.
- Recognising what are your own and other people strengths and be able to discuss them.
- Relationships can be formed in different ways with different people.
- Is it ok to break the stereotype and be your own person, just the way you want to be.



- Bodies change a lot from birth to the age of 8 (year 3). Sweating begins around this age and bodies change.
- If your friends are changing, talk to them about it and help them.

Key Questions

- What is your strength?
- What is your weakness?
- Do you have a good relationship with your friends?
- Do you sometimes feel really nervous in situations?