

Changing Me – Social and Emotional Skills

EYFS

To identify how I have changed from being baby.
To say what might change for me as I get older.
To recognise that changing classes can make me feel happy and/or sad.
To say how I feel about changing class and growing up.
To identify positive memories from the past year in school/home.

KS1

Y1
To know things about me that have changed and some things about me that have stayed the same since I was a baby.
To know that changes are OK and that sometimes they will happen whether I want them to or not.
To enjoy learning new things
To recognise changes that have happened in my life.
To know some ways to cope with changes.

LKS 2

Y3
To express how I feel when I see babies or baby animals
To express how I feel when my ideas are challenged and be willing to change my ideas sometimes
To start to recognise stereotypical ideas about parenting and family roles and challenge these.
To express my worries about my changing body and know who to talk to about these.
To identify changes that I am looking forward to next year.

Y2

To understand there are some changes that are outside my control and to recognise how I feel about this.
To identify people I respect who are older than me.
To feel proud about becoming more independent.
To know what I like/don't like about being a boy/girl.
To be confident to say what I like and don't like and ask for help
To identify what I am looking forward to when I move to my next class.
To know changes I will make in my next year at school and how to go about this.

Y4

To know how the circle of change works.
To apply the Circle of Change to the changes I want to make in my life.
To be confident enough to try to make changes when I think they will benefit me.
To identify changes that have been and may continue to be outside of my control that I learnt to accept.
To be able to express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively.
To express how I would feel if a change that I didn't want to happen was imposed on me.
To reflect on the changes I would like to make next year and describe how to go about this.

UKS 2

Y5

To know how to develop my own self-esteem and the self-esteem of others.
To understand that puberty is a natural process that happens to everybody and that it will be OK for me.
To be able to ask questions about puberty to seek clarification.
To identify what I am looking forward to about becoming a teenager.
To be confident that I can cope with the changes that growing up will bring.
To identify what I am looking forward to when I move to my next class.
To think about changes I will make next year and know how to go about this.

Y6

To know how to develop my own self-esteem.
To express how I feel about the changes that will happen to me during puberty.
I am aware of the importance of a positive self-esteem and what I can do to develop it express how I feel about my self-image and know how to challenge negative 'body-talk'
I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to.
To know how to prepare myself emotionally for the changes next year