



Starter – memory game

On the next page are 15 words.

Set a timer for 1 minute and show the page. Try to remember as many of the words as you can.

When the minute is up, get rid of the page of words, pick up your pencil and see how many you can remember.

No cheating! How many did you get?!



Glass of water

Chair

Pencil case

Mirror

Tea towel

Light bulb

Baby monitor

Pen

Stapler

Sonos

Radiator

Dyson

Zebra

Zinger Tower

Calpol



PSHE – Dealing with change

Everybody has to deal with change, it's just a fact of life.

But some changes can be difficult. Some are expected and some are a surprise.

We need to learn to cope with difficult changes that are expected and a surprise.

On the next few pages are some changes. Decide whether they are expected or unexpected.



Change 1

Daisy's favourite toy isn't her Queen Elsa doll anymore; she prefers her bike now.



Change 2

Lili's mum and dad broke up. Her dad lives in another town now.



Change 3

Jay moved into Year 6 after the summer holidays.



Change 4

Amir's best friend moved back to Spain.



Change 5

Best friends Finn and Cara aren't in the same class anymore.



PSHE – Dealing with change

For each of the changes mentioned above, can you give the people some advice? What would you say to them to make them feel better? How can they deal with the changes?



PSHE – Dealing with change

Now write down all the changes that you can think of that have happened in the last 6 months. They can be in school and at home.

Now write down all the changes that you think might happen in the next 6 months.

If any of these changes are difficult or worry you, can you write down some advice and strategies for yourself?