



Brookland Junior School Overview - 'Changing Me'

Year Group	Piece Name	Pupils will be able to....	Content
4	Unique me	<p>I understand that some of my personal characteristics come from my birth parents. I appreciate that I am a truly unique human being.</p>	<p>Open my mind - class activity using the kitten/mother cards to show how some characteristics are passed on but others are unique to us.</p> <p>Tell me or Show me - Using photos of a known adult and their parents, identify characteristics that had been passed on (eye colour etc)</p> <p>Let me Learn - Class activity using 'My Parents and Me Puzzle' to highlight for the children that some characteristics are genetic and passed to a child. Also link to grandparent characteristics as well as those that are unique.</p> <p>Help me reflect - Individual draw and write activity. 'Being a truly unique human makes me feel...'</p>
4	Having a baby	<p>I understand what responsibilities there are un parenthood and the joy it can bring. I can consider what has influenced my life and what might influence the lives of other people.</p>	<p>Connect Us - Play the making things game. Match cards - the ingredients to the final article - a cake, an oak tree, a new car)</p> <p>Open my mind - Show milk as a blank canvas. Change with red food dye, then add milk. Predict what might happen when adding blue food dye. What would happen when we boil it? Draw out what influences the milk (blank canvas) and the changes.</p> <p>Tell me or show me - Discuss the blank canvass of a new life. Sometimes it is made by 2 people and looked after by birth parents. Sometimes step parents, grandparents, carers or adoptive parents. We all change and learn new skills and behaviours from all the people who care for us.</p> <p>Let me learn: Discuss why people might have a baby and what the greatest responsibility would be. Ensure children understand that having a baby is a great joy and a big responsibility.</p> <p>Help me reflect: Any questions for the post box?</p>

4	Circles of change	I know how the circle of change works and can apply it to changes I want to make in my life.	<p>Connect us - Listen or sing 'A new day'. Think about the line 'we're becoming the people we're going to be'.</p> <p>Open my mind - Look at the picture of trees in different seasons - what has happened and why? Can the tree control it?</p> <p>Tell me or Show me - Emphasis that change is a natural part of life and something we will all experience although we cannot always control it and we may find it hard to deal with. Share story - children's dad wants to remarry.</p> <p>Let Me Learn - Make a Circle of Change - think of a change we would like to make and consider the thoughts and processes at each step.</p> <p>Help me Reflect- What have we learnt? Can we control all changes? Is that ok?</p>
4	Accepting change	I can identify changes that have been and may continue to be out of my control that I learnt to accept.	<p>Connect us and Open my Mind - look at emotion cards and read the scenario cards. Children choose emotion that best describes what they would feel in the scenario.</p> <p>Tell me or Show me - Look at slides about environmental change. Why do the changes happen? Do we have complete control over them?</p> <p>Let me Learn - List 6 things that have changed in the children's lives. Did they have control over them? Write 2 words to describe how they felt</p> <p>Help me Reflect: Ensure children understand that accepting change is essential to help deal with it.</p>
4	Looking Ahead	I can identify what I am looking forward to when I move to a new class.	<p>Connect Us - Play Kim's Game.</p> <p>Open my mind - Discuss the lessons this term. Recap how characteristics are passed on, how we change and how to manage changes.</p> <p>Tell me or Show me - make a list of the changes that might happen over the next school year. Are they ones you have control over? How might you manage them?</p> <p>Help me Reflect - What are the children looking forward to or worrying about? How can they deal with the chance?</p>