



Coleman Primary School

Key Knowledge Organiser:

Year 6- PSHE Managing Change Summer 1

This unit is designed to help children to identify and manage emotions linked to changes in their life, including the move to their next school.

Key Vocabulary

bereavement	Loss of a loved one
transition	Movement and change in life
Manage change	To help ourselves to minimise the emotional effect of changes in our lives
Change	Something becoming different.
Strategy	A way to manage a situation, which we may devise for ourselves.

Images:



Resilience	Inner strength of character
Empathy	The ability to identify other people's feelings

Key Knowledge

- *To know and identify some situations that involve change such as moving school.
- *To know that all changes involve an element of loss.
- *To know that managing change is an ongoing process.
- *To know that we can experience different feelings when we are managing change.
- *To know some people who can support us such as family members and teachers.
- *To know some ways to cope with change such as identifying positive things about the change or preparing for the change.

Skills learned this unit:

- Year 5:
 Belonging, new experiences, resilience, managing emotions, networks of support, effective communication, problem solving and getting help.
- Year 6:
 Changing networks, family support, strategies for change, supporting others and school transition.