



Coleman Primary School

Year 4 Summer 2 Knowledge Organiser

PSHCE— Managing Change

Key Vocabulary: Human Life Cycle

change: when something becomes different	anger: feeling frustration, annoyance or hostility
emotions: feelings experienced by a person	excitement: feeling enthusiastic or eager about something
bereavement: the experience of someone close to you dying	strategy: a plan or idea
sadness: feeling unhappy	cope: deal with something effectively and not become a big problem

Changes

There are lots of different **changes** that can happen in a person's life.



moving house



starting a new school

changes to your family or where members of your family live

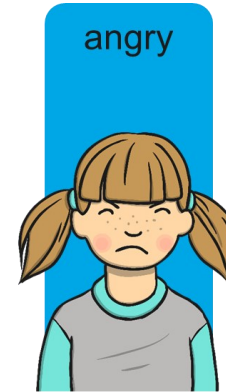
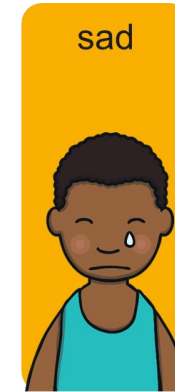


You will learn...

- about changes in our lives
- how changes make us feel
- how we can prepare for changes

How changes can make us feel

Changes can make us feel many different **emotions**. Why do you think you might feel some of these feelings when things change?



Preparing for change

If we know that a **change** is coming, we can try to prepare so that we can **cope** better with the **emotions** that we might feel. We can use **strategies** like making a plan or talking to trusted adults to help us.



In Year Two and Three you learnt...

- that some things change
- about different emotions
- about sharing worries

PSHCE Skills Progression

In Year Four you will...

- learn about changes that happen in our lives
- learn that people react to changes with different emotions
- learn about how to cope with changes