



Weekly Celebration	Pieces	PSHE Learning Intention	Social and Emotional Learning Intention	Vocabulary
Understand that everyone is unique and special	Unique Me	I understand that some of my personal characteristics have come from my birth parents	I appreciate that I am a truly unique human being	Personal, unique, characteristics, parents
Understand and respect the changes that they see in themselves	Girls and puberty	I can describe how a girl's body changes and that menstruation (having periods) is a natural part of this	I have strategies to help me cope with the physical and emotional changes I will experience during puberty	Puberty, periods
Understand and respect the changes that they see in other people	Circles of change	I know how the circle of change works and can apply it to changes I want to make in my life	I am confident enough to try to make changes when I think they will benefit me	Circle, seasons, change, control
Know who to ask for help if they are worried about change	Accepting change	I can identify changes that have been and may continue to be outside of my control that I learnt to accept	I can express my fears and concerns about changes that are outside of my control and know how to manage these feelings positively	Control, change, acceptance
Are looking forward to change	Looking ahead	I can identify what I am looking forward to when I move to a new class	I can reflect on the changes I would like to make next year and can describe how to go about this	change, excited, nervous, anxious, happy