# Coppice Primary School and Nursery

**Year Two: Changes**

| Subject Specific Vocabulary | | Sticky Knowledge | How you can support your child at home |
|---|---|---|---|
| **Change** | For something to be altered / modified. | • I can tell you about 3 changes I have been through<br>• I can tell you what loss means<br>• I can tell you how I felt or have felt about different events in my life<br>• I can show you three strategies to help me deal with change and loss positively<br>• I know where / who I can go to for help when I need it. | Book: The Very Hungry Caterpillar' by Eric Carle<br>https://www.youtube.com/watch?v=75NQK-Sm1YY<br>What changes does the caterpillar go through? How do you think he felt?<br><br>Book: 'Mum and Dad Glue' by Kes Gray<br>https://www.youtube.com/watch?v=efjM23PyWzg<br>How did the characters feel throughout the story? Which emotions can we find?<br><br><u>Other activities to do at home:</u><br>• Keep a diary. How do you feel each day? How do your emotions change?<br>• Planet some seeds. How do they change over time?<br>• Look at photos of your relatives from years gone by. How have they changed?<br>• How many changes can you think of? Seasons? Weather? Friends? Clubs? Are all of these changes permanent? Are all of these changes positive changes? |
| **Loss** | The process you go through after losing something / someone. | | |
| **Feelings** | An emotional state or reaction. | | |
| **Growing** | Increasing in size and changing physically. | | |
| **Old** | Having lived for a long time. No longer young. | | |
| **Young** | Having lived for only a short time. | | |
| **Help** | Making it easier or possible for someone to do something by offering services or resources. | | |
| **Emotions** | A strong feeling in reaction to what's happening in the world around you. | | |

**Curriculum overview:**

This unit focuses on the core theme 'health and wellbeing'

During this unit, the children will explore what change and loss means. They will consider what feelings we might go through when we experience change and loss. We will learn about the changes that occur when we grow from young to old. We will learn a range of strategies to help manage change positively and will learn where we can go for help when we need it.