

Changing Me Puzzle Map – Ages 5-6 – Year 1

Piece (lesson)	RSHE Guidance Reference	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions	Vocab that may be covered
1. Life Cycles	R1, R6	I am starting to understand the life cycles of animals and humans	I understand that changes happen as we grow and this is ok	Baby Toddler Adult
2. Changing Me	H4	I can tell you have some things about me that have changes and some things about me that have stayed the same	I know that changes are ok and that sometimes they will happen whether I want them to or not	Adulthood Grown up Mature Lifecycle
3. My Changing Body		I can tell you how my body has changed since I was a baby	I understand that growing up is natural and that everybody grows at different rates	Legs Arms Head
4. Learning and Growing Puzzle Outcome: Piece 5 Flowers	R15	I understand that every time I learn something new I change a little bit	I enjoy learning new things	Face Stomach Growing
5. Coping with Changes Assessment Opportunity	R32, H2, H3	I can tell you about changes that have happened in my life	I know some ways to cope with changes	Changing Anxious Worried Excited Coping