



Year 2

Changes

Lesson Sequence

1. We are learning to recognise cycles of life in nature.

2. We are learning to describe the process of growing from young to old.

3. We are learning to recognise how my body has changed since I was a baby.

PSHE

Learning Question for this Term: How do things change?

Learning questions for the lesson:

Lesson 1: We are learning to recognise cycles of life in nature.

Personal Social Health Economic Education: OUR PSHE REMINDERS

P RIVATES ARE PRIVATE

A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

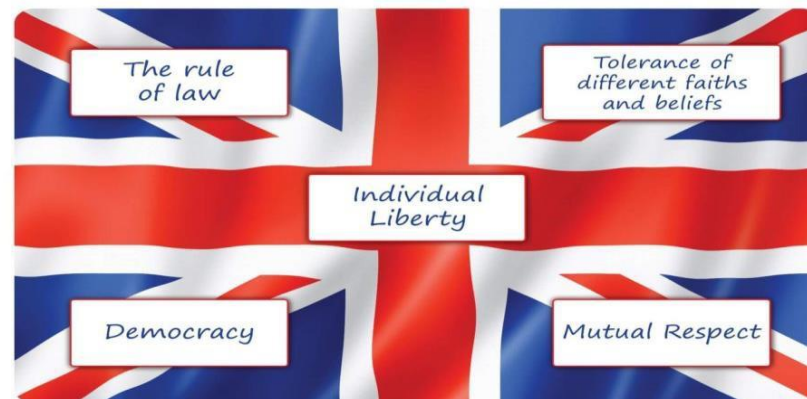
N O MEANS NO

T ALK ABOUT SECRETS THAT UPSET YOU

S PEAK UP, SOMEONE CAN HELP



BRITISH VALUES



Online Safety

Follow the SMART rules to stay safe online

- S** Stay *safe* online by not sharing personal information 
- M** Do not *meet* anyone who you have only made friends with online 
- A** Do not *accept* messages or friend requests from strangers 
- R** Not everything online is *reliable*. Some people online are strangers and may try and trick us 
- T** *Tell* an adult you trust if anything happens online that you dont like 

Objectives, Key Words and British Values

Learning question for the term:

How do things change?

Learning questions for the lesson:

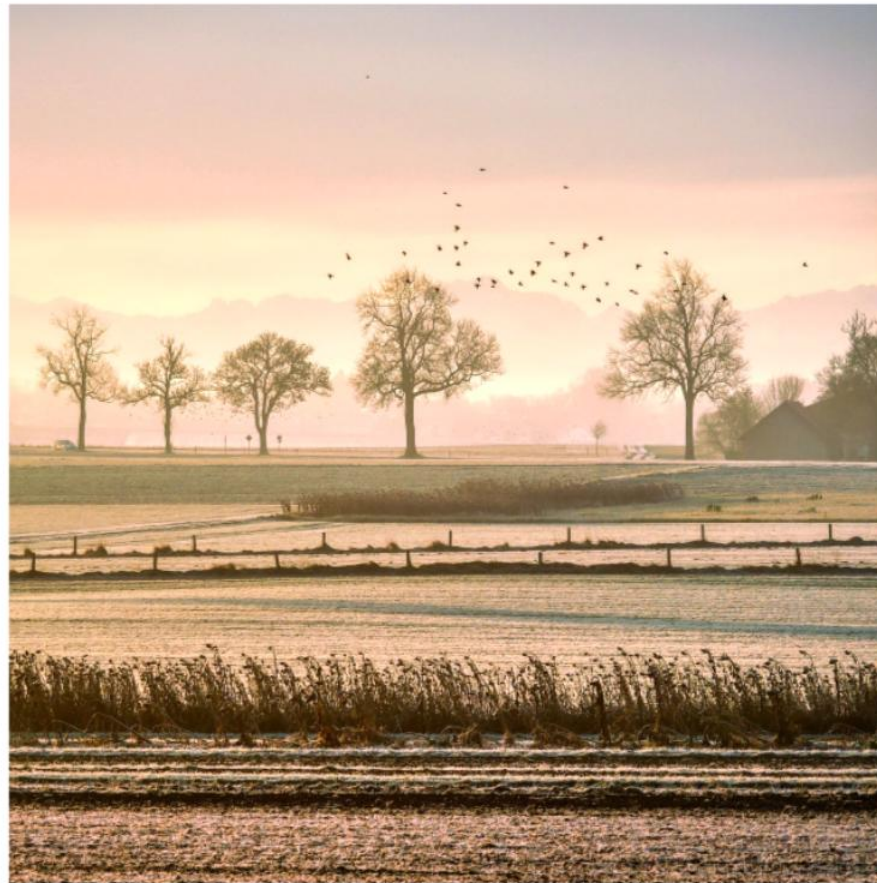
We are learning to recognise cycles of
life in nature.

Key Words and Definitions:

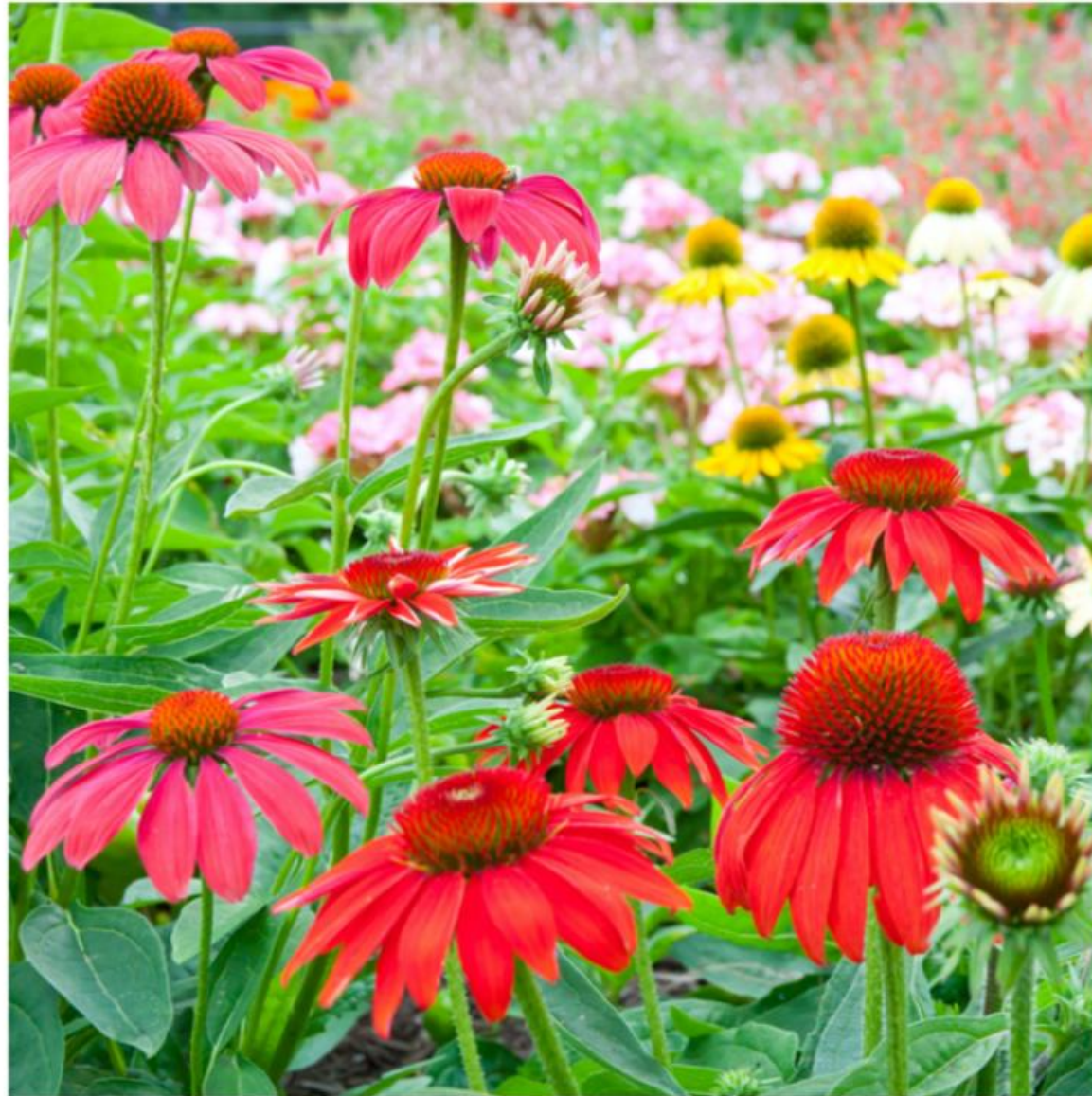
- *Change*
- *Grow*
- *Life cycle*
- *Baby*
- *Adult*
- *Fully grown*

Link to British Values:
Respect

Seasonal changes

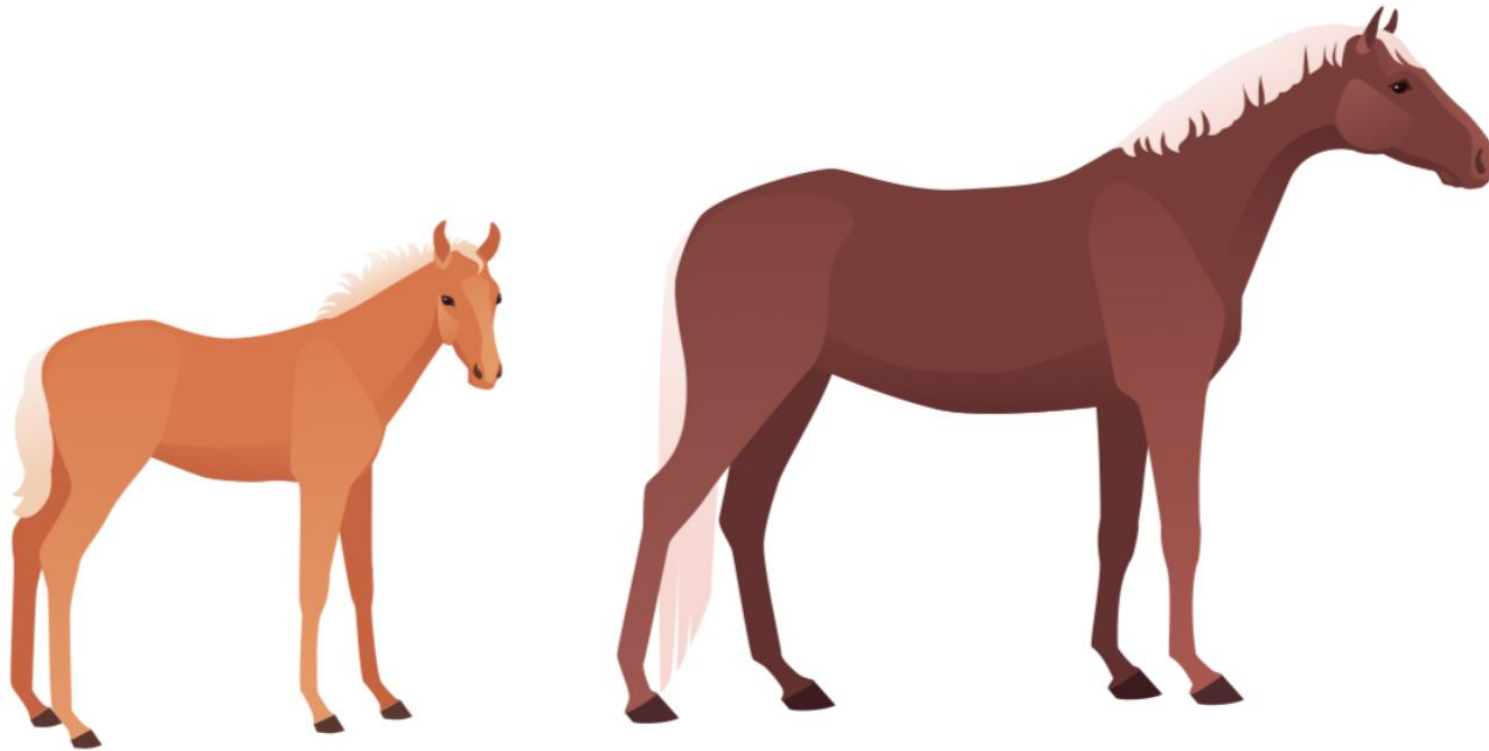






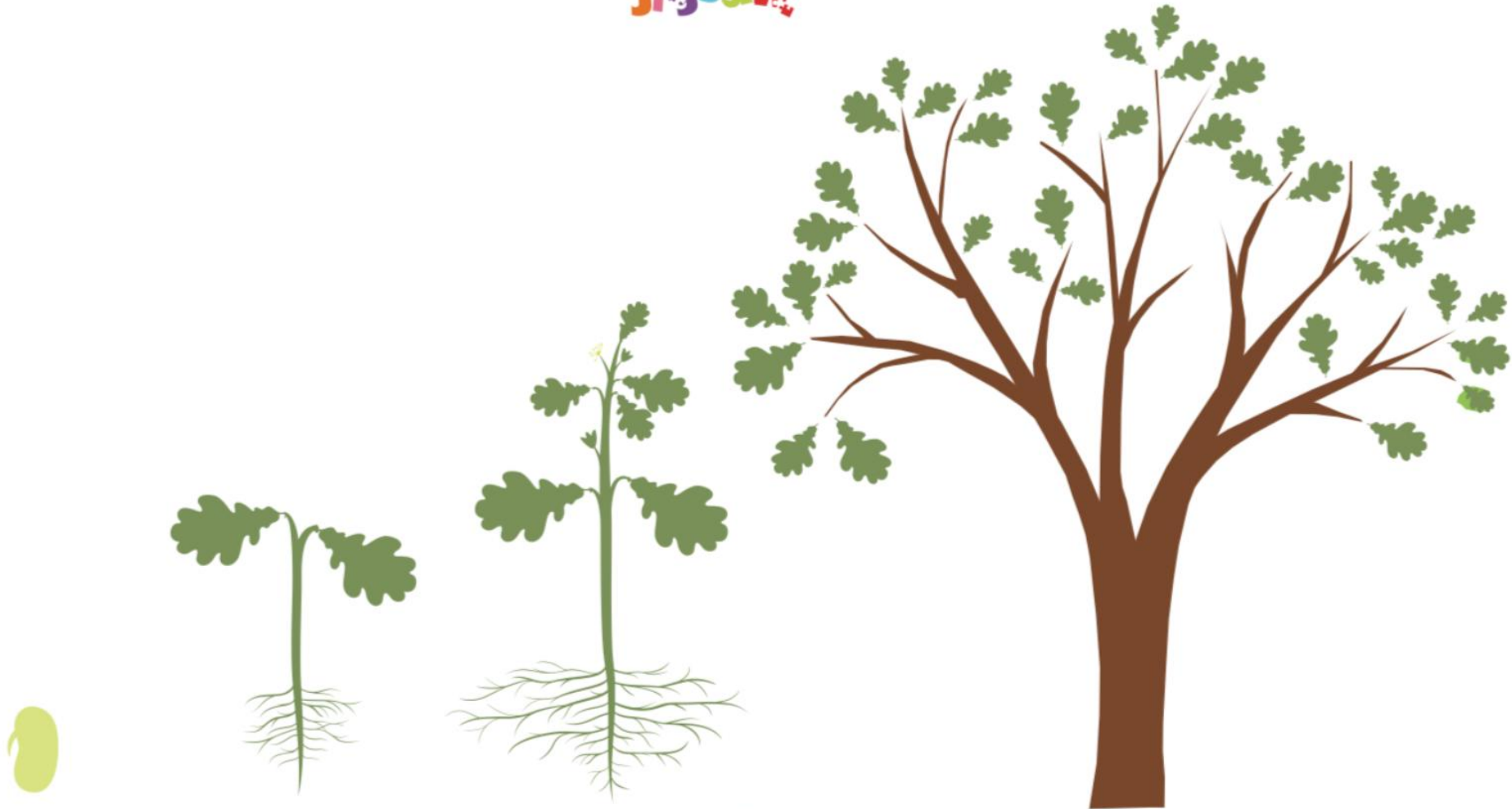


Lifecycles

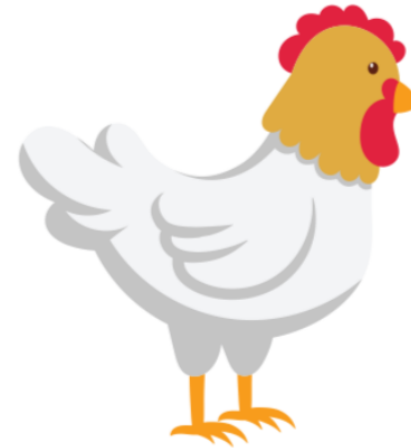


Rules around contact...

Jigsaw



Lifecycles



Lifecycles



Lifecycles

Jigsaw!



Lifecycles



Task

Children to create their own lifecycle circles.

PSHE

Learning Question for this Term: How do things change?

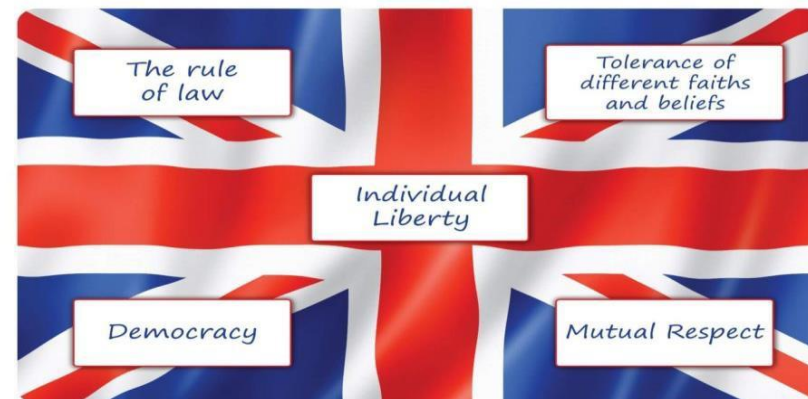
Learning questions for the lesson:

Lesson 2: We are learning to describe the process of growing from young to old.

Personal Social Health Economic Education: OUR PSHE REMINDERS






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Objectives, Key Words and British Values

Learning question for the term:

How do things change?

Learning questions for the lesson:

We are learning to describe the
process of growing from young to old.

Key Words and Definitions:

- *Growing up*
- *Old*
- *Older*
- *Young*
- *Elderly*
- *Change*
- *Respect*
- *Physical*
- baby, toddler, teenager, adult to elderly person

Link to British Values:

Respect

baby



toddler

Jigsaw



teenager



adult



Elderly person



Discussion in pairs

Describe changes they can visibly see that happen to an older person (elderly person). We call changes to our bodies as we grow 'physical' changes.



Changes in nature



Task

Sequence baby to adult and write about physical changes.

PSHE

Learning Question for this Term: How do things change?

Learning questions for the lesson:

Lesson 3: We are learning to recognise how my body has changed since I was a baby.

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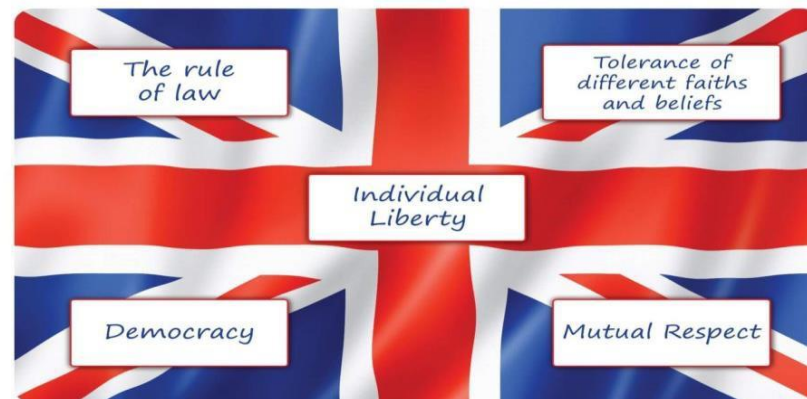
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T

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Objectives, Key Words and British Values

Learning question for the term:

How do things change?

Learning questions for the lesson:

We are learning to recognise how my
body has changed since I was a baby.

Key Words and Definitions:

- *Baby*
- *Toddler*
- *Child*
- *Teenager*
- *Adult*
- *Independent*
- *Timeline*
- *Freedom*
- *Responsibilities*
- *Control*

Link to British Values:

Respect

Sort the items for babies, toddlers, children,
teenagers and adults



What's in the bag?

What can we do now that we couldn't do when we were a baby?



I was born



My first birthday



My first step



My first tooth



My first day at
school



I learned to ride my
bicycle



How do our feeling change?

Happy – feeling joy and content

Sad – feeling upset or unhappy

Angry – feeling cross or frustrated

Worried – feeling concerned about something

Scared – feeling frightened or unsafe

Surprised – feeling caught off guard by something unexpected

Zones of Regulation

BLUE	GREEN	YELLOW	RED
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

Timeline



Timeline



Timeline- put these in the correct order



teenager



child



elderly



toddler



baby



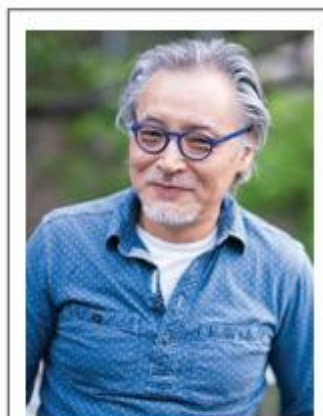
adult



teenager



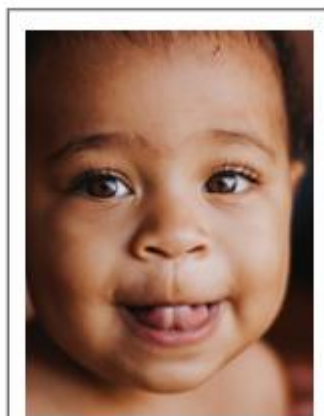
child



elderly



toddler



baby

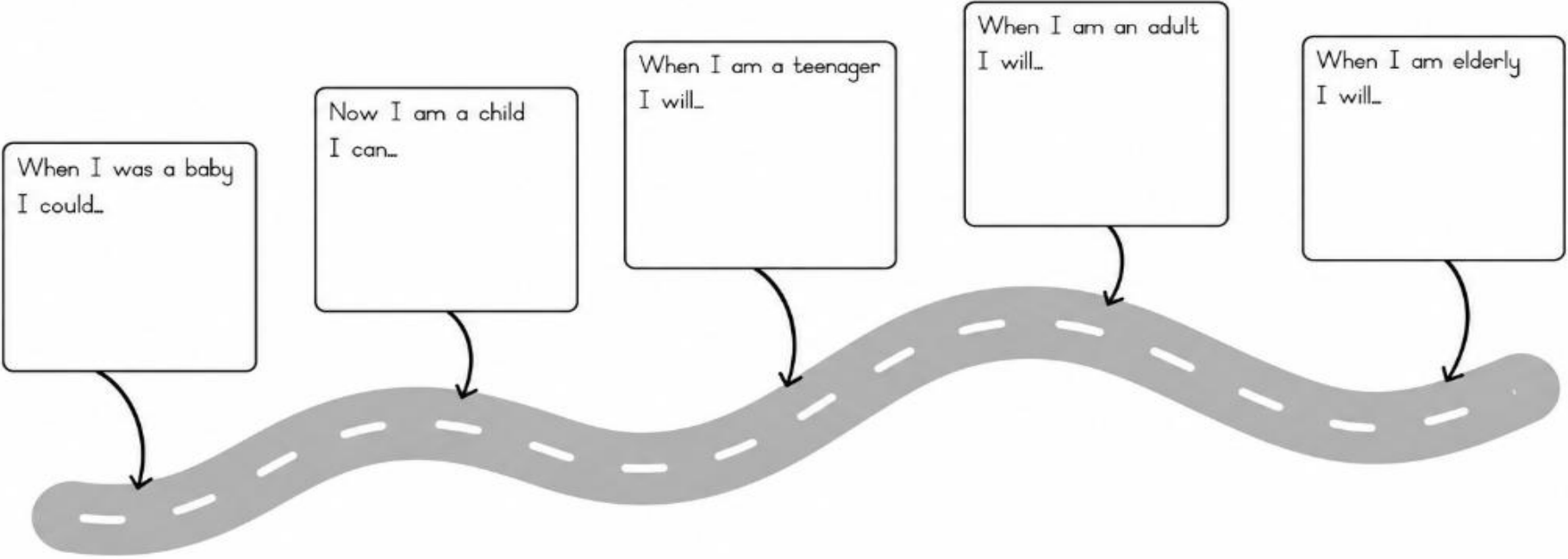


adult

Task- My roadmap

My life journey

Name _____



My roadmap