



## Changing Me Puzzle Map – Year 4

Piece (lesson)	PSHE Learning Intentions	Social and Emotional Skills Learning Intentions
<b>1.Unique Me</b>	I understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm	I appreciate that I am a truly unique human being
<b>2.Inside Body Changes</b>	I can identify how boys' and girls' bodies change on the inside during the growing up process and can tell you why these changes are necessary so that their bodies can make babies when they grow up	I recognise how I feel about these changes happening to me and know how to cope with these feelings
<b>3.Girls and Puberty</b>	I can describe how a girl's body changes in order for her to be able to have babies when she is an adult, 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
<b>4.Circles of Change</b> <b>Puzzle Outcome: Circles of Change</b>	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
<b>5.Accepting Change</b>	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
<b>6.Looking Ahead</b> <b>Assessment Opportunity</b>	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

