

### Changes:

In the next few weeks our PSHE will focus on changes. We have all had to deal with unexpected changes in our lives over the last few months. This has meant that we have had to find ways to cope from within ourselves, with the help of family or 'with' others - even though this is usually at a distance.

Even without covid-19 we would be making changes; learning new skills, making new friends, changing class etc.

These activities look at change and the feelings it sometimes leads to, as well as how we can manage these and cope positively with changes in our lives.

### Changes 1:

Dear Parents/Carers,

Children often love to learn about themselves when they were little. They love to hear about the silly things that you did when you were little, too.

Take time to tell your child about when you were little. How much can you remember?

If you have a photograph of yourself when you were little you might like to talk about the time in the photograph.

You could share examples to some of these ideas:

	child	Parent/carers
Favourite food		
Something silly		
Something naughty		
Something sweet		
Something to feel good about		
Something that is still the same		