



Yarm Primary School

Year 3

PSHCE

Theme: **Coping with Change**

Enquiry Question: Can you recognise times in your life when you have experienced 'change'?

changes	Make something different or replace something with something else.
support	Agree with or give encouragement to someone.
feelings	An emotional state or reaction.
sad	Feeling or showing sorrow and unhappy.
empathy	Ability to share or understand the feelings of another.
sympathy	Support in the forms of shared feelings and opinions.
happy	Feeling or showing pleasure or contentment.
positive	Constructive, confident, helpful or optimistic.
kind	Considerate, having or showing a generous nature or enjoys helping others.
emotions	A strong feeling coming from one's mood or relationships with others.

For this half term, our PSHCE topic will be focused on coping with feelings when things change.



Children will learn how to recognise and talk about their emotions. Including having a varied vocabulary of words to use when talking about their own or others' feelings. They will learn to judge whether what they are feeling and how they are behaving is appropriate and proportionate. Children will learn about ways to help themselves feel happier and more positive if they are experiencing challenges.

Our lessons will focus on:

- New changes
- Feeling sad and showing empathy
- Happiness



Golden Rules

- ✓ We are gentle.
- ✓ We are kind and helpful.
- ✓ We listen.
- ✓ We are honest.
- ✓ We work hard.
- ✓ We look after property.

Can you think of any other important words linked to 'feelings' and 'change'?