



Yarm Primary School

Year 6

PSHCE

Coping with change

Key Vocabulary

Suggested Activities

'Sticky' Knowledge

influence

To have an effect on someone or something.

body image

How you see and feel about your own body.

emotions

Strong feelings that come from within ourselves and often influence how we react to situations.

reflect

To think deeply or carefully about something

What are you looking forward to in secondary school? (Research your secondary school)



What have you enjoyed about Primary school (make a poster)



- It is normal to feel different emotions when thinking about the transition to secondary school.
- Most friendships have ups and downs and these can often be worked through.
- We should respect ourselves and others.