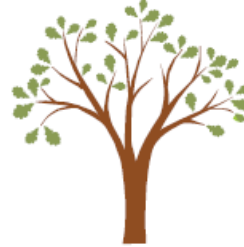


Lesson 1

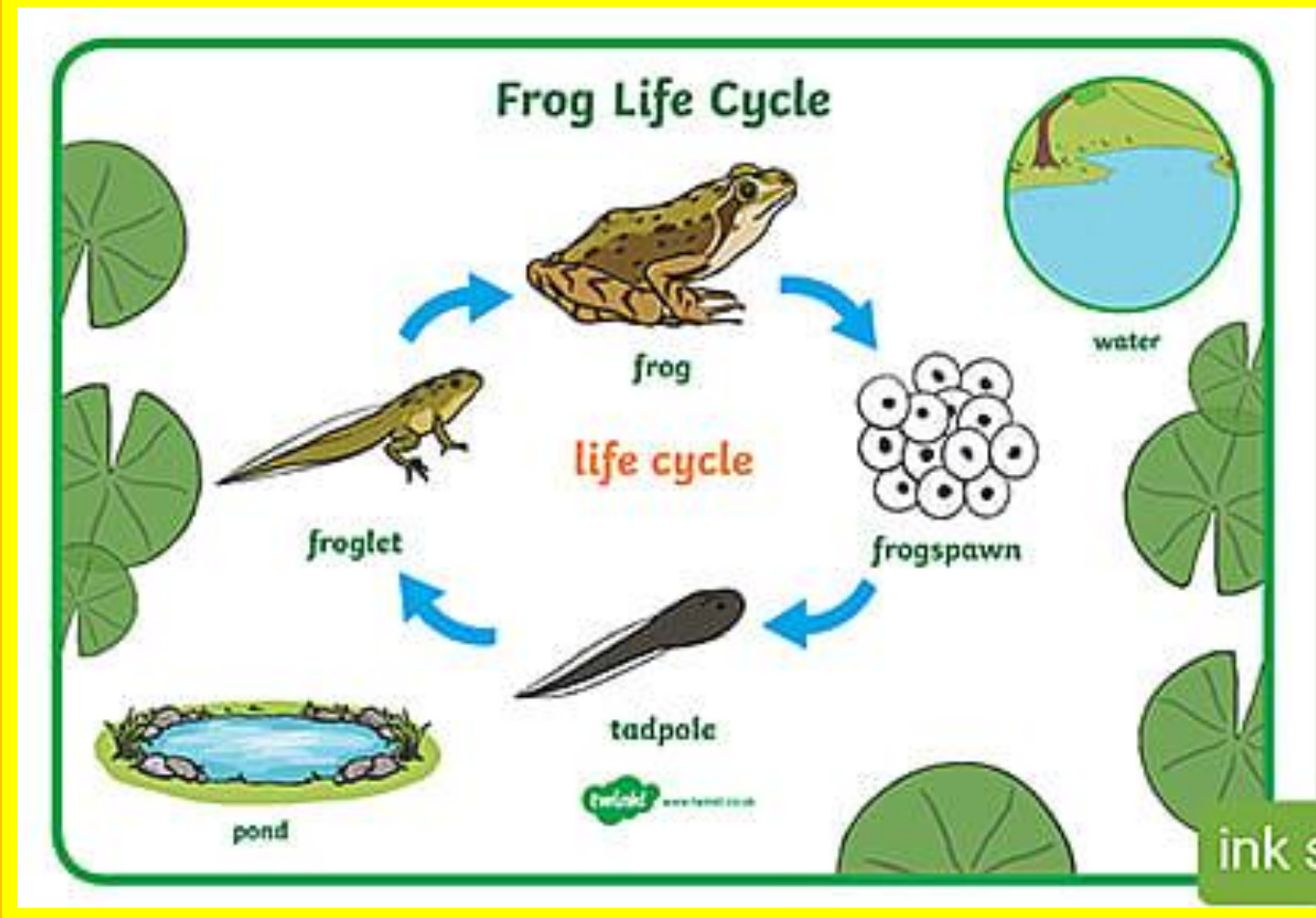
Changing Me



Play find your pair game.



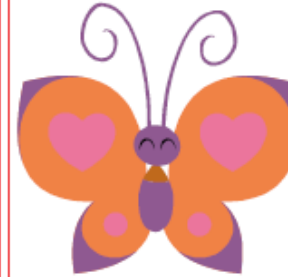
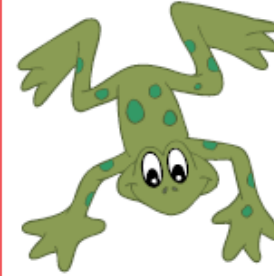
Tell your
partner one
change that
has happened.



How does frogspawn become a frog?
What changes happen?
How long does it take to grow up?
Do we all grow at the same rate?

The word 'Life cycle' means growing from birth to adulthood.

In groups arrange these in the correct order to show the stages of growth and development of each of the animals.



What do you most like about being
you now?



What do you want to be when you grow
up?

Can you bring in a picture of when you
were a baby?

Lesson 2

Changing Me





What Can you do now that you
couldn't do when you were a baby?

How have you changed since you were a baby?



What can you do now that you couldn't do when you were a toddler?

What can you do now on your own that you used to need help with?

Lesson 3

Changing Me



Play parts of the body with Jigsaw Jack.

For example...

Nod your head

Rub your tummy

Point to your belly button

Wiggle your noses

Shake your hips

Stand on one leg

Roll your eyes

Blink



Baby photographs

Who is who?

Why is it so difficult to tell?

- What do other living things look like at the beginning of their life cycle?
- How much have we all changed since we were babies?
- How have our bodies changed?
- How have our abilities changed?
- How long does it take to grow up?
- Do we all grow at the same rate?





We are still us, I am still me even though my body grows and changes everyday.

What would happen if we didn't change and grow?

Lesson 4

Changing Me



Do we all like the same things?

Complete the sentence:

My name is and my favourite food is...



How can we tell the difference between a male and a female?



Changing Me

Male and Female Animal PowerPoint Slides 1-4 - Ages 5-6 - Piece 4



© Jigsaw Toys Ltd.



© Jigsaw Toys Ltd.

How can we tell the difference between a male and a female?



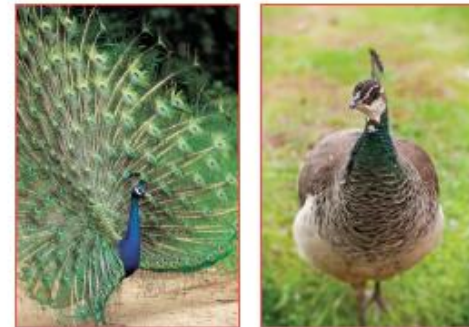
Changing Me
Male and Female Animal PowerPoint - Ages 5-6 - Piece 4

jigsaw



© Jigsaw Press Ltd

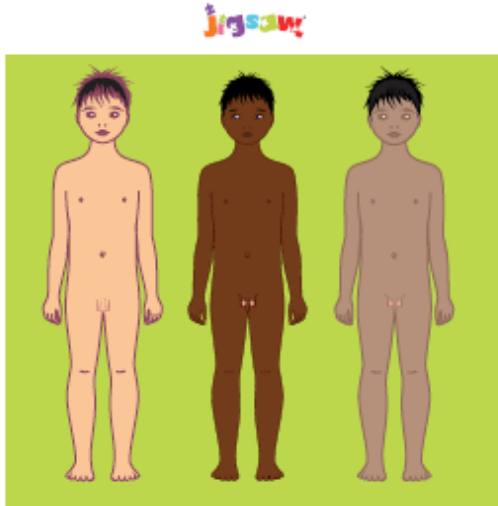
jigsaw



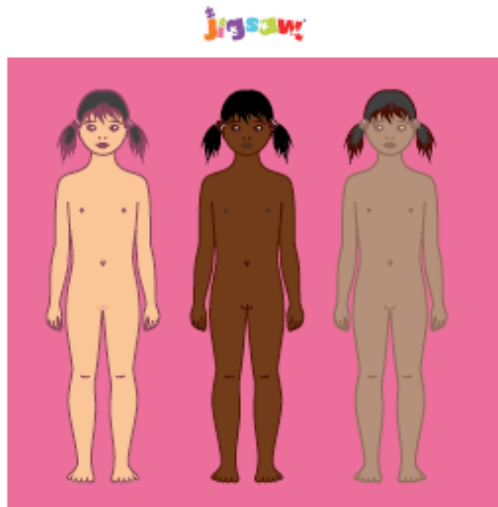
© Jigsaw Press Ltd



How do boys and girls often look different?



© Jigsaw Press Ltd



© Jigsaw Press Ltd

How do you tell the difference between a boy and a girl?

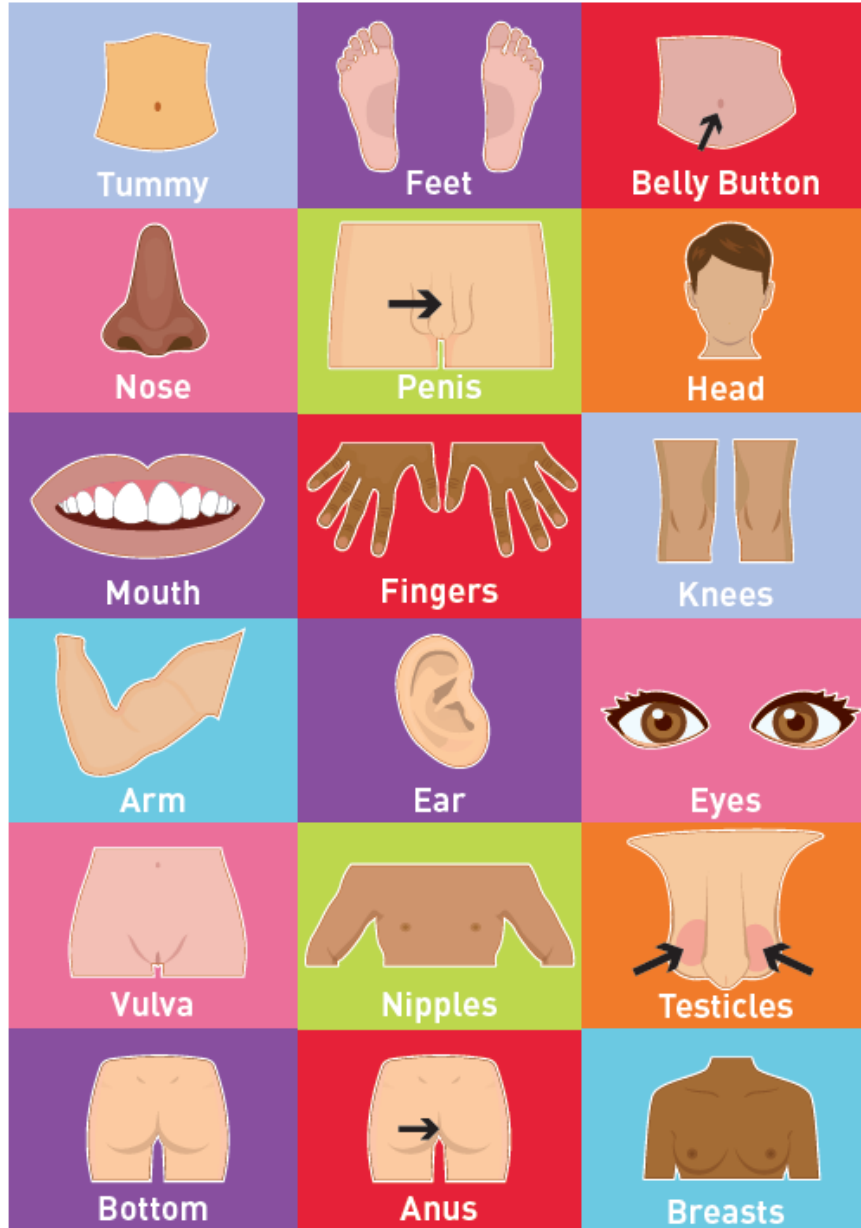
What are the right names for the body parts that make boys and girls different?

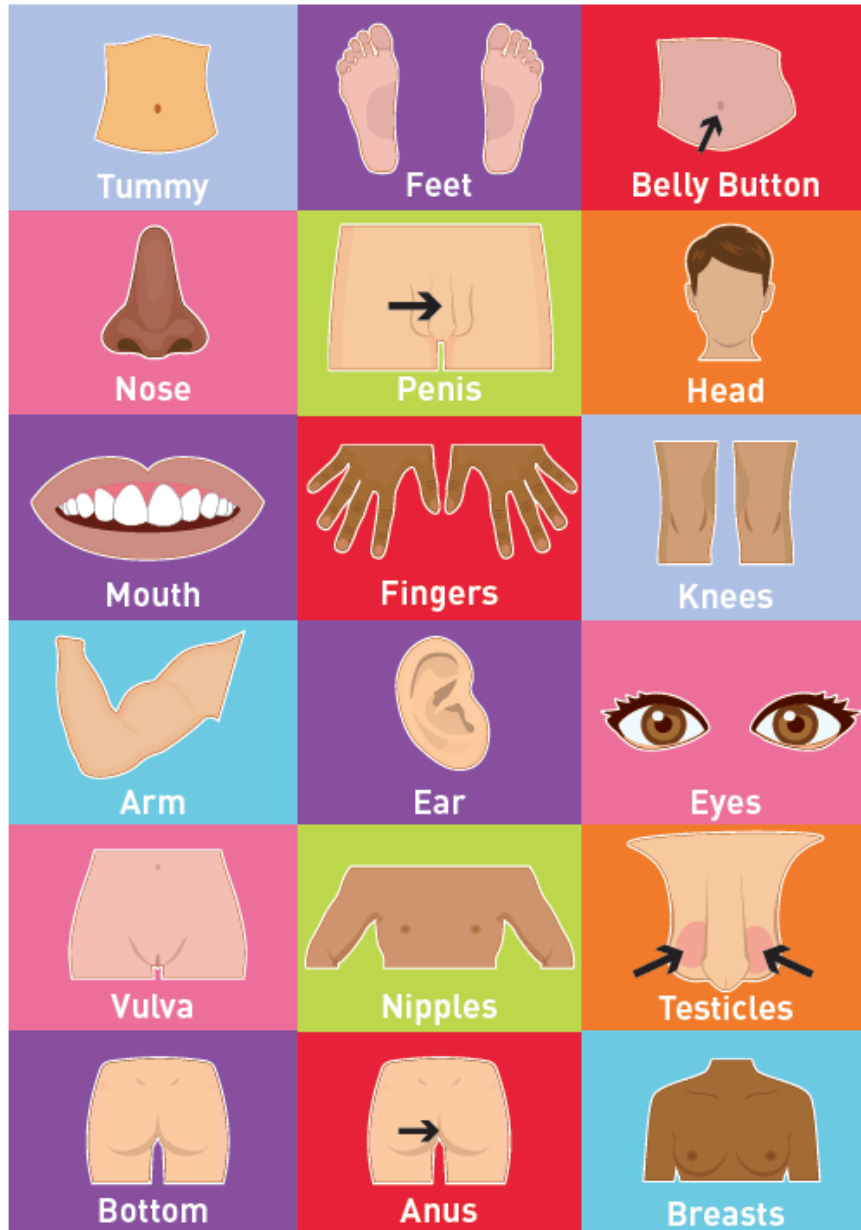


Why do we giggle?

This is because these are
the parts that we keep
private?

We don't usually show
them or talk about them,
so we might feel a bit
embarrassed or shy.





If we are worried or feeling scared or hurt, what should we do?

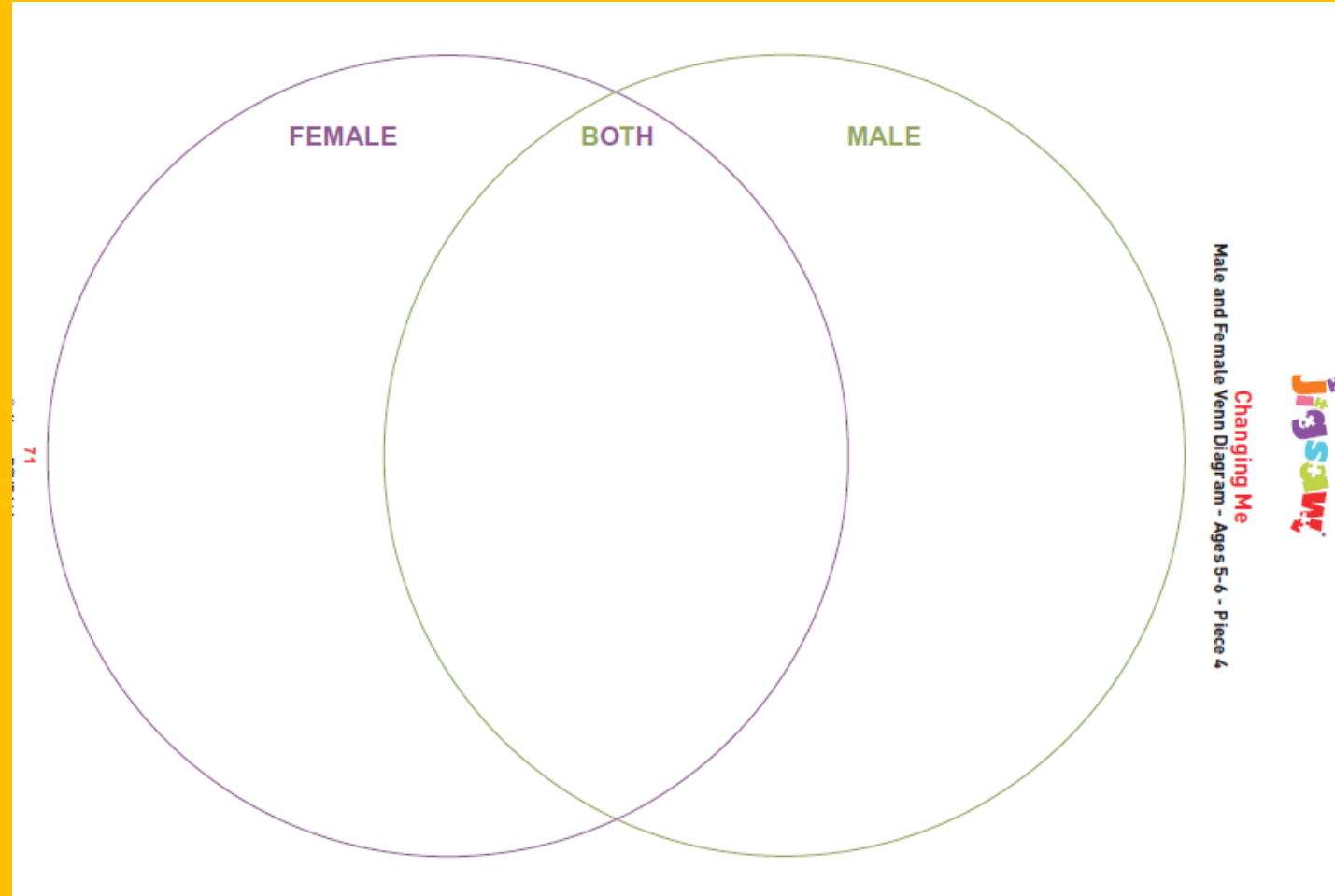
Which of our body parts do we normally keep private?

When is it alright for us to talk about our 'private' parts, and what names should we use?

Sorting Activity- Using Hoola Hoops



Sort the body part cards into the appropriate space.



When is it ok and when isn't it ok to talk about these private body parts?

With Mum and Dad?

With friends, brothers, sisters?

On the playground?

With older relatives?

With visitors at home?

At the doctors?



Lesson 5

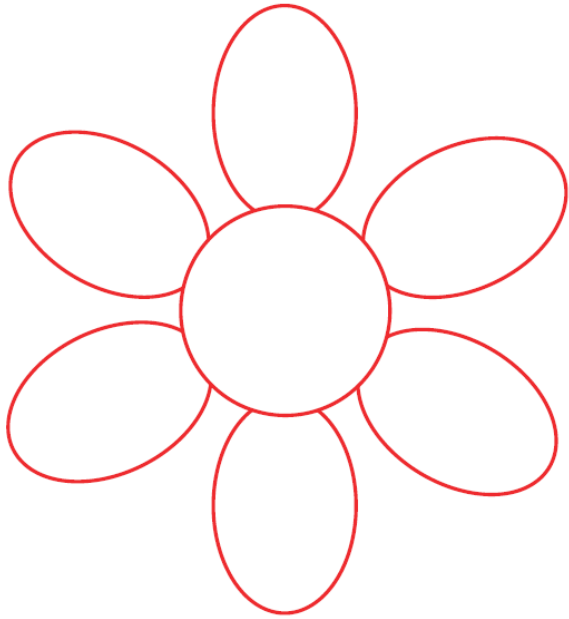
Changing Me



Changing Me
Picture Cards - Ages 5-6 - Piece 5



What have you
learned to do that
you couldn't do
when you were a
baby?



On flipchart:
Draw the stem and centre of a flower.

Add one petal and draw the first
picture of you as a baby.

Add one petal at a time.

Every time we learn something new, we
add a little bit onto ourselves, like
adding a petal to a flower.

Continue until the flower is complete.



Lesson 6

Changing Me



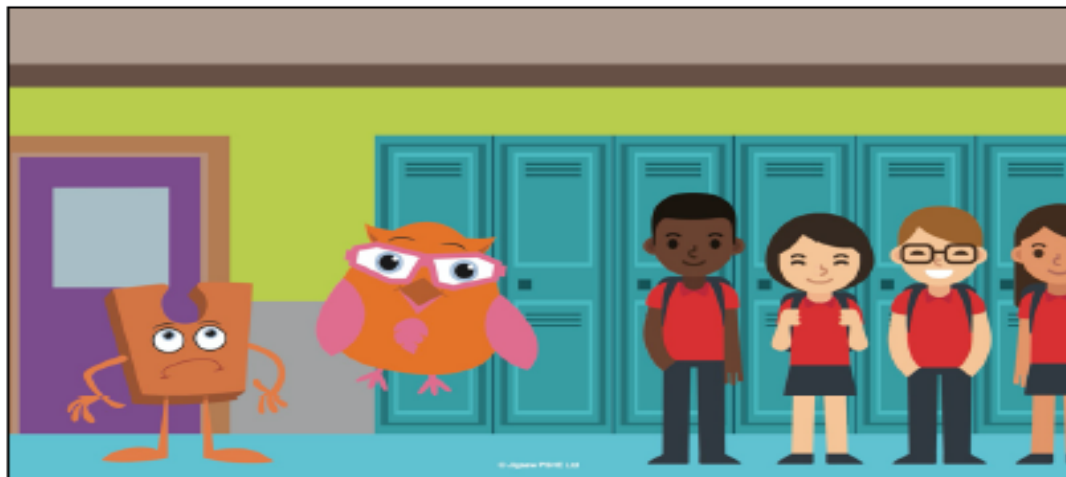
Share the story:

All Change for Jack.



Changing Me

All Change for Jack PowerPoint Slides 1-6 - Ages 5-6 - Piece 6



Note to teacher: Your children may have chosen whether their Jigsaw Jack is a particular gender. In some places in this story you will need to use the correct pronoun for your Jack. This story also uses Abbey Owl (from Discovery RE) who you may also have in your classroom if you use this resource (<https://discoveryschemeofwork.com>)

It was the end of the school year and it seemed to Jack that everything was changing. Two of the children in the class were moving away to go to a different school. Most of the other children were going to be moving up to the next class after the holidays. Jack was staying where (he/she) was. This made Jack feel sad. (He/she) felt left behind.

As the end of term approached, Jack seemed to get more and more upset, and even (his/her) friend Abbey Owl wasn't able to cheer (him/her) up. "Try not to be sad Jack, things change all the time, some of these changes we might like, and others might not feel so good. There are things we can do to help with the not so good ones." She said. Abbey Owl was clever and usually always said the right things, but even this didn't make Jack feel any better.



Changing Me

All Change for Jack PowerPoint Slides 1-6 - Ages 5-6 - Piece 6



It was soon the last week of the school term and the classroom seemed busier than usual. There were special assemblies, end of year concerts and performances and all the classwork had to be finished off. Jack watched everything going on and it just made (him/her) feel miserable.

It was soon time for the children's last Jigsaw lesson of the year. The teacher said that everyone was going to be learning about change. "You see," hooted Abbey Owl excitedly, "this lesson is going to really help Jack. Some of the children are feeling a little bit worried and sad about not being in this class anymore, so it's not just you feeling like this."



Changing Me

All Change for Jack PowerPoint Slides 1-6 - Ages 5-6 - Piece 6



Jack hadn't really noticed how some of the children were feeling. (He/she) had only really been thinking about (himself/ herself) and how things were going to change. Jack listened to the lesson carefully hoping it was going to help. Jack practised the Calm me time with the children. It was so relaxing listening to the chime and the teacher's voice, and when everyone opened their eyes Jack thought (he/she) felt a little better.

Have you just had your Calm me time? How do you feel?

Changing Me

All Change for Jack PowerPoint Slides 1-6 - Ages 5-6 - Piece 6



The teacher then read a story all about Jack and how (he/she) was worried about things changing? Jack thought this was AMAZING!

The children talked about some of the things they were looking forward to about the next school year and some of the things that made them feel anxious. The teacher said that when things change people often can feel worried or scared and that it was perfectly normal. Jack felt better hearing that, because up to this point (he/she) thought that it was only (him/her) feeling this way.

In the next part of the lesson the teacher had some special objects in a bag, and when the children took them out, the teacher played a game, asking the children to guess what sort of 'change' the object might link to. The children were very good at guessing, much better than Jack.



Changing Me

All Change for Jack PowerPoint Slides 1-6 - Ages 5-6 - Piece 6



Abbey Owl smiled, she knew what was coming next, because she had seen the teacher do the lesson with a different group of children.

For each change, the teacher asked the children how they might be able to manage their feelings through the change. At first everyone found this a little bit difficult, but with the teacher's help they soon had a huge list of ideas they could use. Jack felt much better now.

At the end of the lesson Jack was passed around the children, (he/she) always liked this bit the best, and they each told (him/her) one thing they were really looking forward to about changing class. At the end the teacher asked Jack to whisper something that (he/she) was looking forward to, and (he/she) said, "I will have some new children to meet next year and make friends with and that will be exciting. I won't be sad because the children this year will meet Jigsaw Jo in their next class, so they will still have a very special Jigsaw Friend."

Changing Me

All Change for Jack PowerPoint Slides 1-6 - Ages 5-6 - Piece 6



The teacher thanked Jack and said to everyone, "Jack is right, it can really help to look at the good things about a change. Sometimes we do leave friends behind but they are in our thoughts, memories and hearts, and that will NEVER change! If we look at a change as a new adventure it doesn't seem so bad does it? Not all changes are bad, some are very exciting!"

Everyone, including Jack felt excited about the new adventures and experiences they were going to have in the next school year. Jack felt less worried now and much happier.

Abbey owl hooted proudly, she was always right! What a clever owl!



What did Jigsaw Jack do
to help manage sad
feelings?



Take an object from the
feely bag.



Can you guess what the
change event is?



What changes have already happened to you?



How do you feel about these?

What changes might be coming up for?

How do you feel about those?



What feelings might somebody get if the change was a sad one?

What could you do to make yourselves feel better?