



Changing me

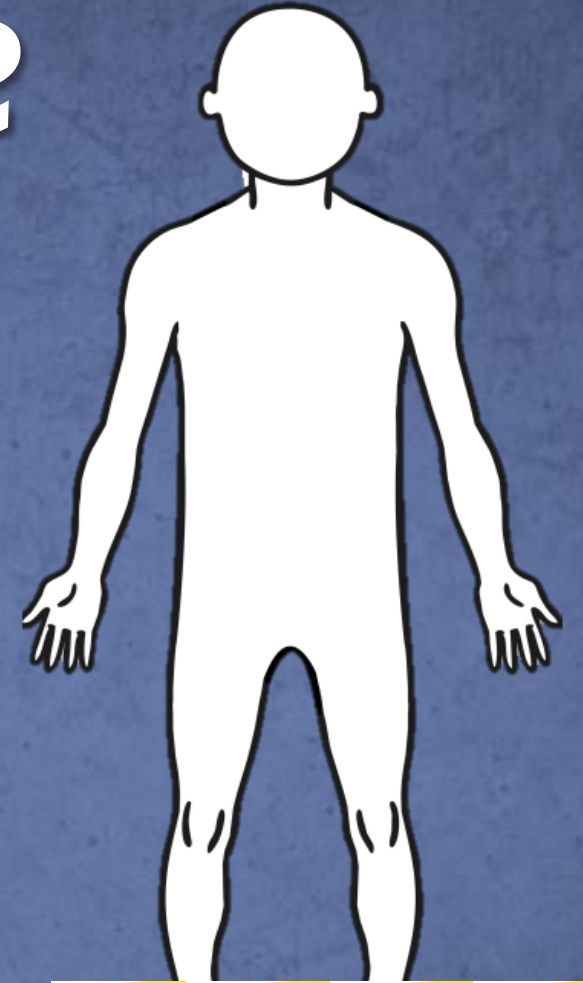
Piece 1 – My Body

Calm Me



Interest Me

Pick someone in your class to draw around and work together to label the different parts of the body.



eye	ear	knee	finger
foot	mouth	nose	stomach
eyebrow	arm	tongue	toe
forehead	chest	hand	leg



Help me learn

Sing and dance along to this song to help you learn the parts of your body.

<https://youtu.be/BwHMMZQGFoM>

Parts of the Body Song

Legs

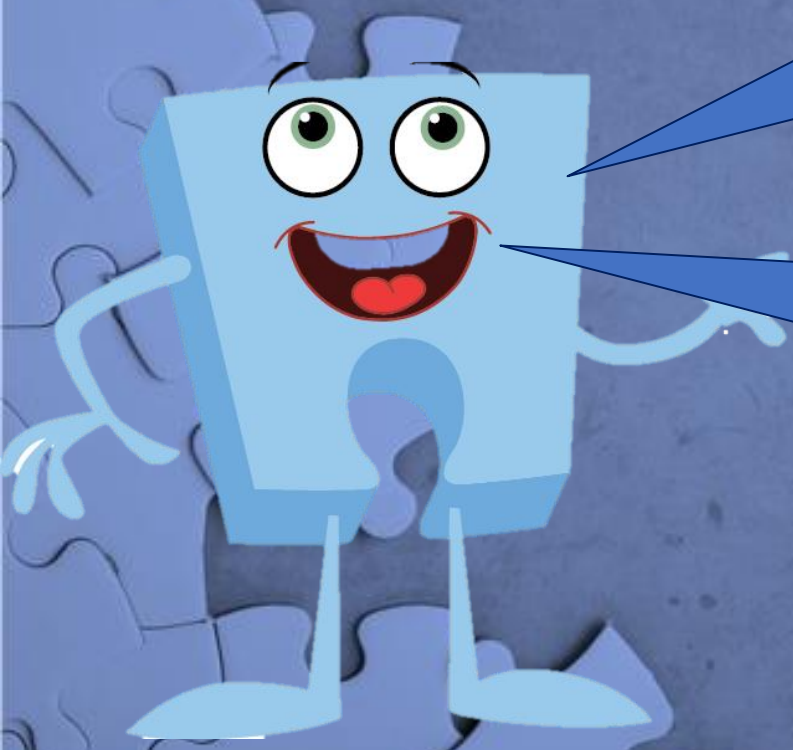
Knees

Feet

Toes

<https://youtu.be/BwHMMZQGFoM>

Let's Think



What do the
different parts of
your body do?

Why are they
important?



Changing me

***Piece 2 Respecting
My Body***

Calm Me



Interest Me

How do you think
this little girl feels?

What is she
eating?

What vegetables
do you like to eat?



Help me learn

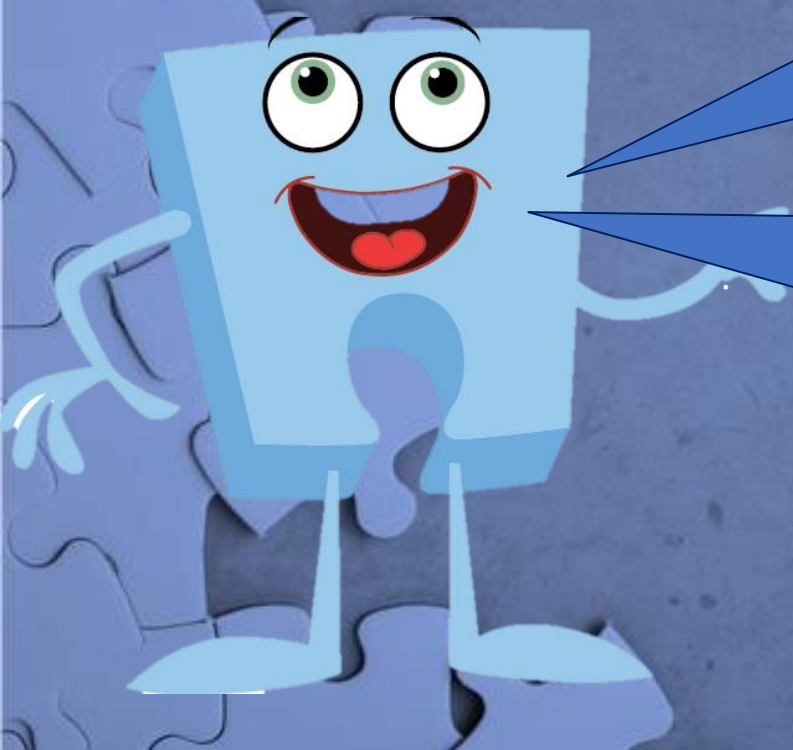
<https://youtu.be/UxnEuj1c0sw>



Watch and learn
what humans
need to stay
healthy.



Let's Think



What do we need to
keep our bodies
healthy and happy?

Have a think.
What can you do this week
to respect your body?



Changing me

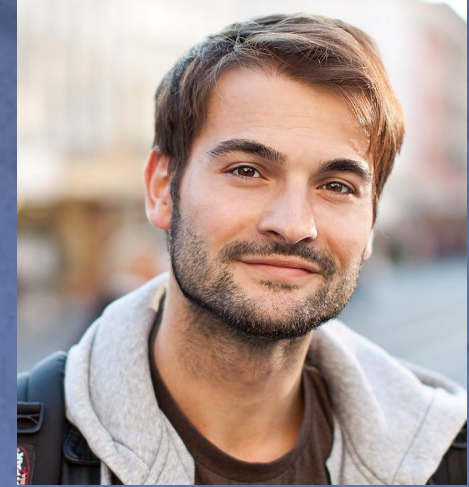
Piece 3

Growing Up

Calm Me



Interest me



What do
you notice
about the
people?

Help Me Learn



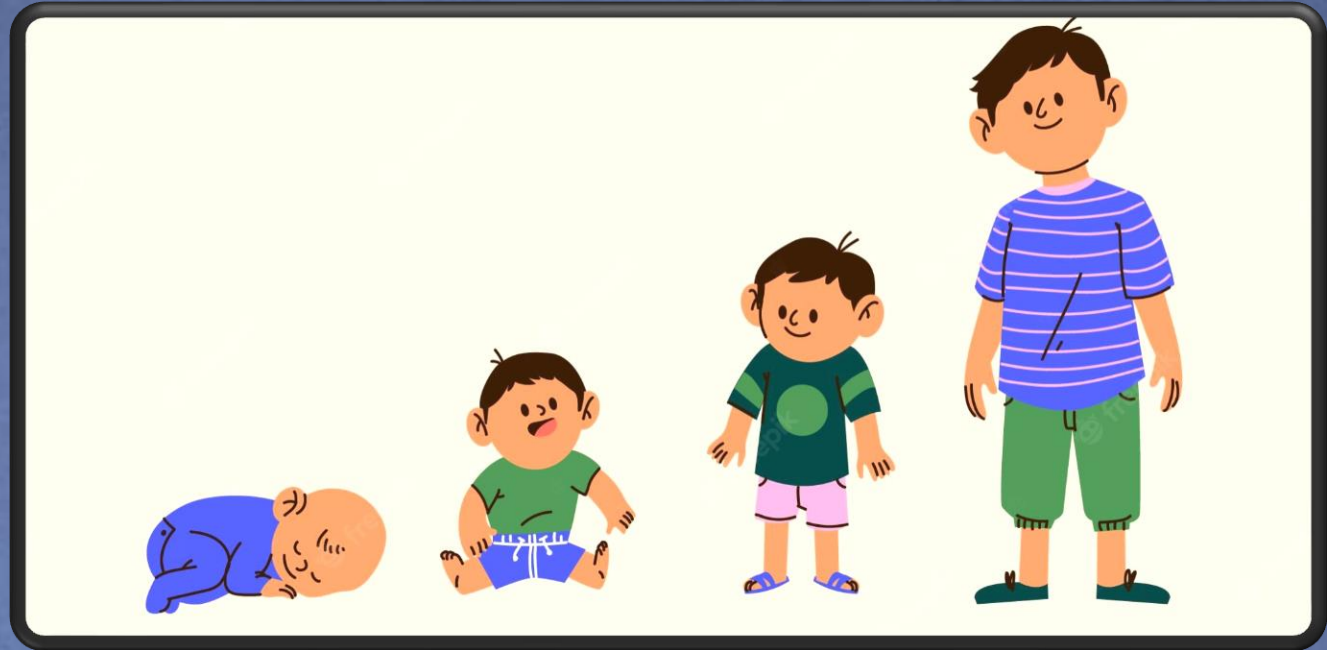
Let's listen to the
story 'Tell Me
What It's Like to
be Big'

https://youtu.be/jFpeupR_5wA

Let's Think

How have
you changed
already?

What happens
as we grow
up?





Changing me

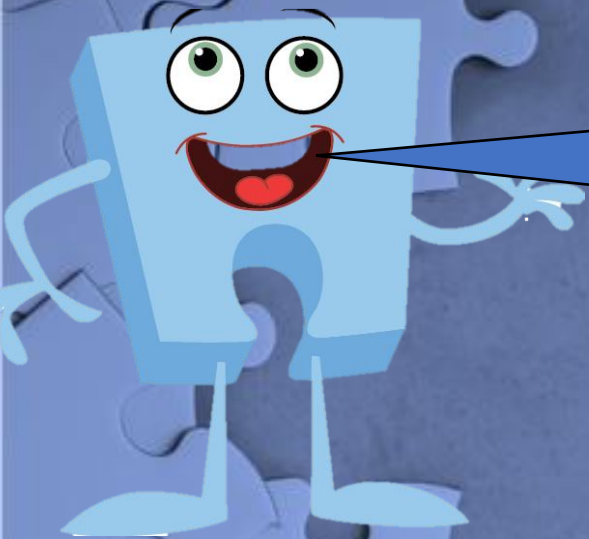
Piece 4

Fun and Fears Part 1

Calm Me



Interest me



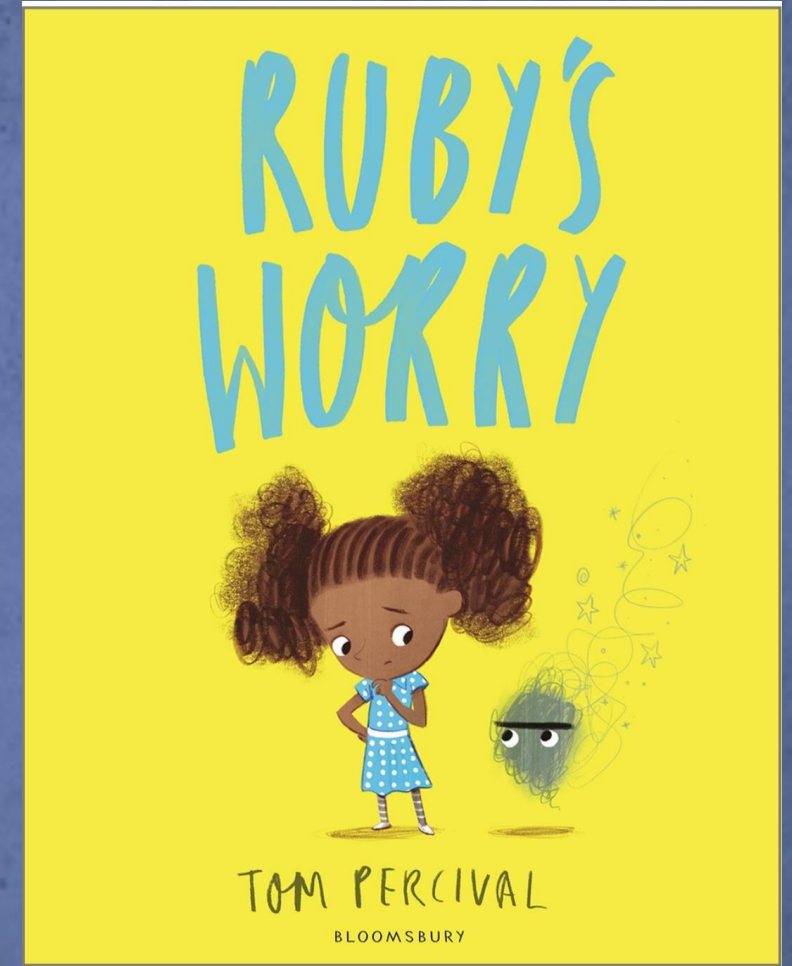
How do you think these children are feeling?

They are feeling worried.



Help Me Learn

Let's read
together the
story of Ruby's
Worry.

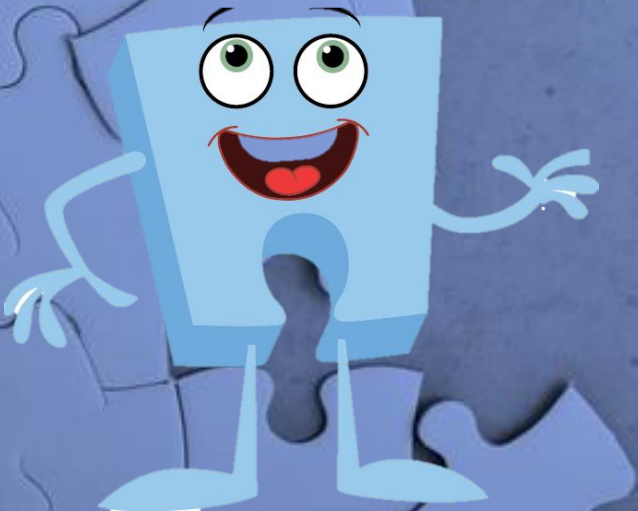


Let's Think

Have you ever felt worried?

How did it make you feel?

What can you do if you feel worried about something?





Changing me

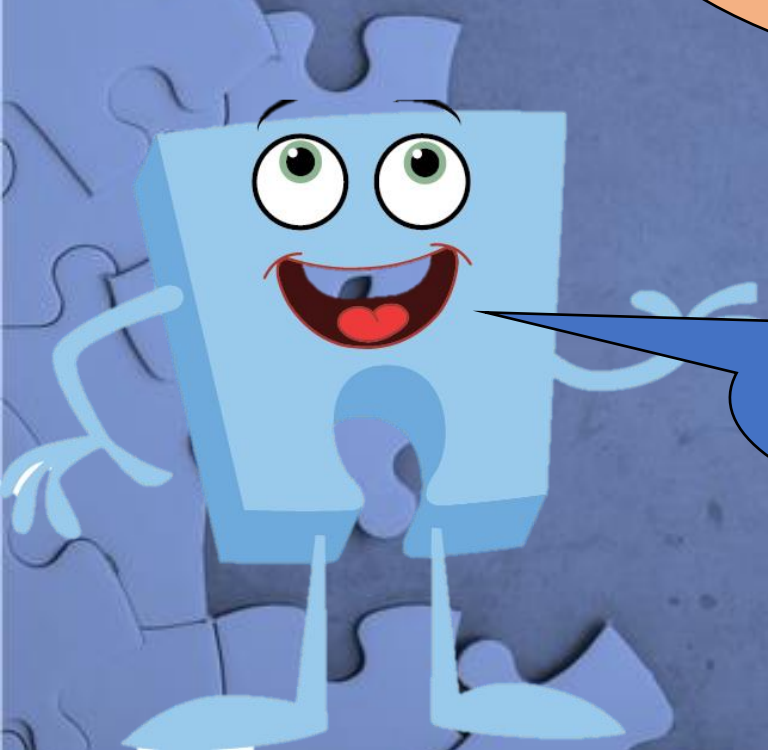
Piece 5

Fun and Fears Part 2

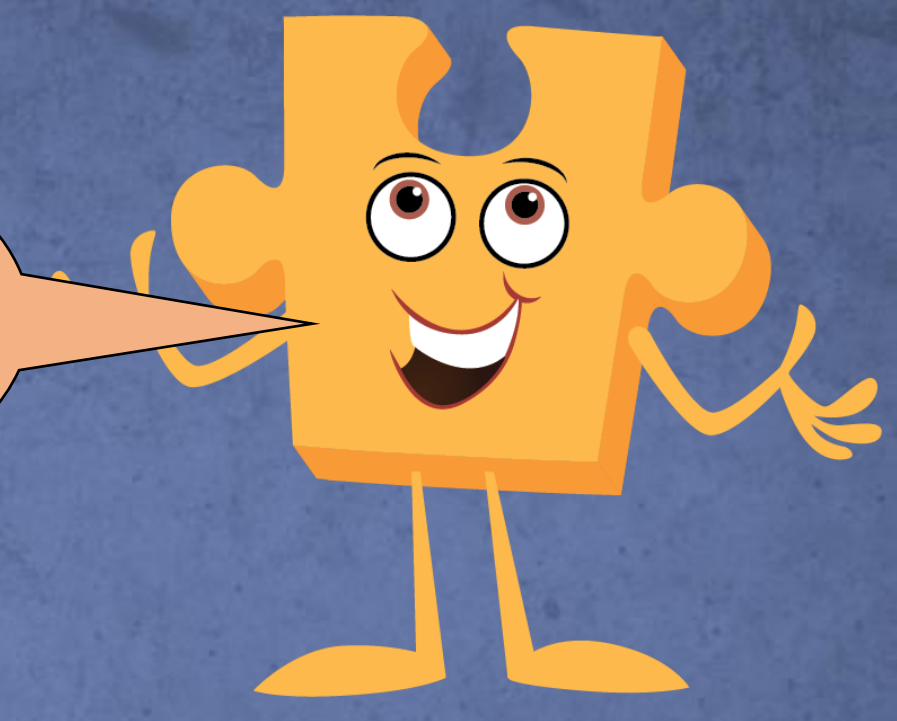
Calm Me



Interest Me



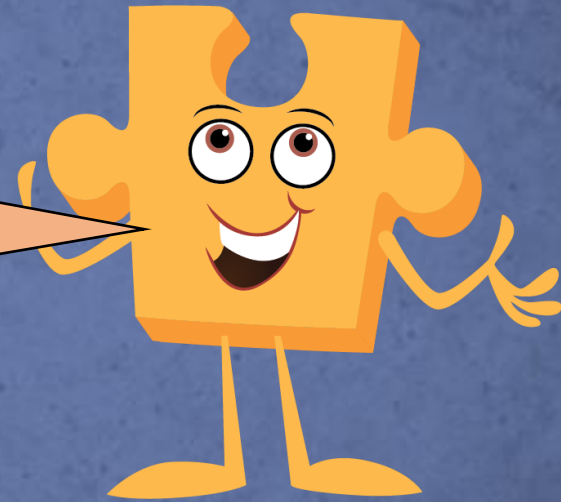
Hi Everybody!
I am Jigsaw Jack. I
am Jenie's friend
from Year 1.



I have someone
to meet you.

Help Me learn

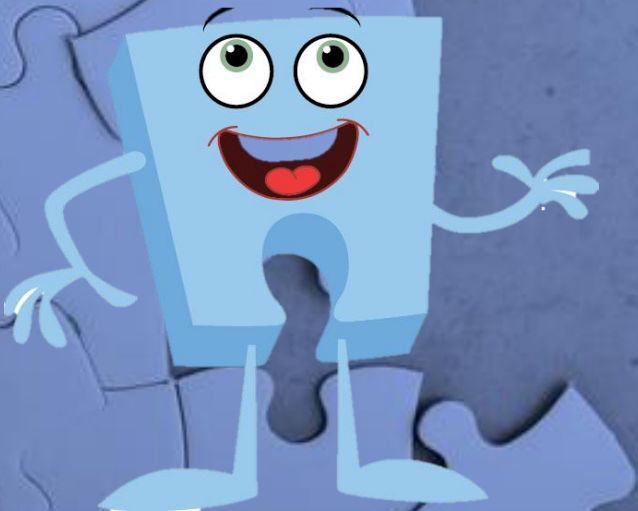
I have been asked to
come and show you
some of the fun things
you will do in Year 1.



Let's Think

What are you excited for in Year 1?

Is there anything you are a little bit worried about?





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Piece 6
Celebration

Calm Me

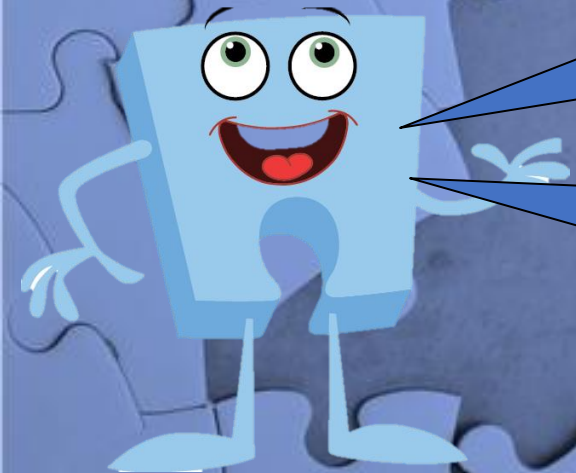


Interest me

Reception

You have nearly finished your first year at school! Think about all the wonderful things you have done.

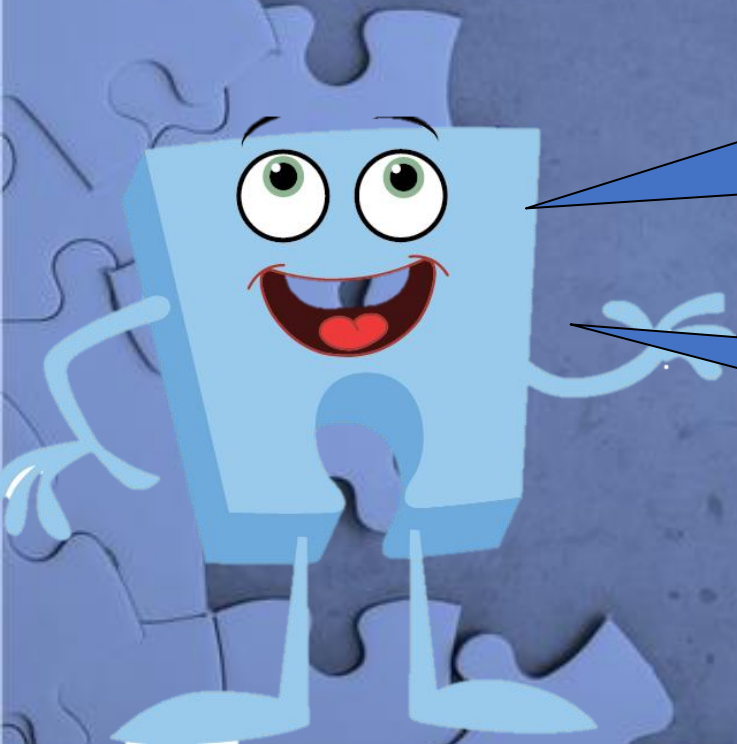
Let's have a look at some of the things we have done.





**Share photographs of
different activities
throughout the year.**

Let's Think



What else have we
done in Reception?

What has been your
favourite thing to do?