

## Year 2 Jigsaw PSHE content Summer Term 2 Changing Me

This half term, our PSHE covers the topic 'Changing Me'.

If you wish to discuss the content and resources of this curriculum, please do not hesitate to contact your child's teacher.

<b>Changing Me</b>	
Lesson 1	<b>Stages in a life cycle</b> Children will learn about the different stages of a human life cycle– baby, toddler, child, teenager, and adult and put them in order. They will think about changes that happen such as learning to walk, growing taller.
Lesson 2	<b>Becoming older</b> This lesson explores what can happen as we become older. It focuses on valuing individuals no matter what their age and addresses fears children may have about becoming older.
Lesson 3	<b>Changes in the stages in a life cycle</b> Children will learn and think about changes that happen as we grow such as learning to walk and talk, growing taller, living away from parents
Lesson 4	<b>Naming parts of the body and understand which parts of the body are private.</b> Children will use scientific terms to label parts of the body (not private parts of the body at this stage) They will also be taught which parts of our body are private (those covered by underwear) and what this means.  (At home, some parents find the NSPCC PANTS resources a useful way to discuss this with their children <a href="https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/">https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/</a> )
Lesson 5	<b>Exploring how I feel about touch.</b> Children will have the opportunity to think about what makes them comfortable or uncomfortable regarding touch e.g., hugs, squeezes, tickles (they are not asked to do these actions). They are taught how to say when they are uncomfortable and who they can talk to if they need to about something which they find uncomfortable.
Lesson 6	<b>Feelings around change and transition</b> Children will think about changes that may be coming in the year ahead and how they feel about moving on into a new year group.