

**Year 2 Personal Development**  
Managing Change

**What should I already know?**

- How my body has changed as I have grown up.
- How friendships change over time.
- How my achievements and responsibilities change.

**Key Knowledge**

- To know that change can be worrying and this is ok.
- To know that change is a normal part of life.
- To be able to share some feelings they might have at times of change.
- To know how to cope with feelings around change.
- To know who can help when changes happen.

**Key Vocabulary and definitions**

<b>Change</b>	When things do not stay the same.
<b>Difference</b>	When something is not the same as it was before.
<b>Comfort zone</b>	A situation where you feel safe and at ease.
<b>Move</b>	To go from one place to another.
<b>Help</b>	To make something easier or possible for someone else.
<b>Support</b>	To help someone with something.
<b>Friendship</b>	A relationship between two people who are not family.
<b>Trust</b>	To believe that someone is reliable, truthful and able.

**Character Muscles that will be covered during the Summer Term.**

<b>Responsibility</b>	Responsibility can be: <ul style="list-style-type: none"> <li>• something you are expected to do</li> <li>• doing the things that you are supposed to do</li> <li>• accepting responsibility, such as taking the praise or the blame for something that you have done.</li> </ul>
<b>Good humour</b>	Being able to laugh and joke.
<b>Risk-taking</b>	There are 'positive' risks and 'negative' risks.
<b>Optimism</b>	When you feel hopeful and positive
<b>Self-esteem</b>	How you think and feel about yourself



We will focus on moving to Year 3 and Overdale Junior School.