

## Activities

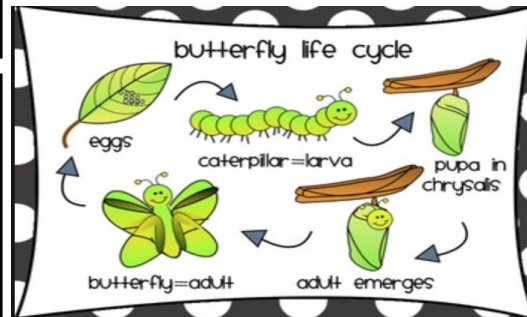
With your child take a look at some old photos of when they were younger. Discuss how they have changed over the years. E.g. hair colour may have changed, they have got bigger, they may have some teeth missing etc. Talk how these changes are natural and happen to most people. You should also discuss what has stayed the same. E.g. their name, date of birth. You could use the photos to make a timeline or a collage picture of how they have changed.

Discuss how some changes are not natural and that we have control over them. For example we can get better at reading or riding a bike if we practice. Set or write a goal with your child you would like to achieve. When they achieve it talk about what they changed about their self to achieve it.

# Changes

Children will understand the issue of change and gain an understanding of different types of change, positive and negative, and common human responses to it. The theme seeks to develop children's understanding that changes can be planned and unexpected. They will consider the changes that they can make that will affect their environment and the world around them.

Discuss that some changes are out of our control and just happen as part of life. For example moving classes as you get older. With your child make a list of all the things they are looking forward to in Year 2 and also anything they are worried about. Display all of the positive things they are looking forward to around the house. Make a little worry box and any worries that your child has can be put in there so they can focus on the positives. If at any time they want to talk about a worry they can take it out of the box and talk it through with you.



Learning values

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## Key Vocabulary

Ask your child to think about the local environment e.g. school, the Common etc. What do they like about it? How do they feel when people do not look after it? E.g. dropping litter or damaging things. Make a poster on how to look after the environment and to encourage people to change their behaviour to protect it.

