

The Character Curriculum

Flourishing for Life



<p>Y1: Families L3 - Changes in the family</p>	<p>Learning objective:</p> <ul style="list-style-type: none"> - To think about the ways that families might change, how change might feel and the virtues needed to manage change. 	<p>Key vocabulary: Change, loss, angry, sad, confused, feelings Key virtues: Respect, compassion, gratitude</p>
<p>Resources: Change images (Resource 1)</p> <p>Picture book about change in a family, such as <i>Mum and Dad Glue</i> (Kes Grey); <i>Goodbye Mog</i> (Judith Kerr); <i>The Memory Tree</i> (Britta Teckentup) or <i>The New Royal Baby</i> (Timothy Knapman).</p>	<p>Statutory links: Relationships Education (2020) Pupils should know:</p> <ul style="list-style-type: none"> - That families are important for children growing up because they can give love, security and stability. - The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives. 	
<p>Key questions:</p> <p>What sort of changes do you see/know about?</p> <p>How do changes make you feel?</p> <p>Can you think of a change which has made you feel: happy? Sad? Excited?</p>	<p>Learning activities:</p> <p>Starter: Changes around us</p> <p>Changes happen all the time – what changes can you see in the pictures? What other changes can you think of?</p> <p>Activity 1: How do changes make us feel?</p> <p>How do you feel when a change is happening? You might feel: happy, sad, worried, angry, confused or excited. Can you think of a change that has/or would make you feel:</p> <ul style="list-style-type: none"> - Happy? - Sad? - Excited? 	

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<p>What virtues might help us to deal with change?</p> <p>What virtues might we need to help our friends with change in their families?</p> <p>What can we do if we are feeling confused, angry or upset about changes in our family?</p>	<p>Activity 2: Changes in families</p> <p>Sometimes, we may have changes in our family: a new baby might be born, someone might move into a different house or someone new might move into your house, someone might die.</p> <p>These changes can be difficult and we can feel lots of big emotions like sadness, worry, confusion, or anger. You may want to use the following picture books (or an alternative) to explore ideas of change and loss: <i>Mum and Dad Glue</i>, Kes Grey; <i>Goodbye Mog</i>, Judith Kerr; <i>The Memory Tree</i>, Britta Teckentup; <i>The New Royal Baby</i>, Timothy Knapman.</p> <p>You could discuss the following questions together:</p> <ul style="list-style-type: none">- What change happens in the book?- How did the characters feel?- What did the characters do? <p>Find examples of virtues in the book.</p> <p>What virtues might help us to deal with change? What virtues might we need to help our friends with change in their families?</p> <p>Plenary: Managing my feelings</p> <p>Sometimes when we experience change, we can feel sad, upset, angry or confused. These are all normal feelings and, over time, they will get less strong. What could you do if you are feeling like this?</p> <p>If children need prompting, you could suggest:</p> <ul style="list-style-type: none">- Speaking to a trusted adult- Speaking to a friend- Drawing or writing about how you feel- Doing an activity that you enjoy.
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