Y2 PSHE Knowledge Organiser

UNIT 6: Changing Me

How can I cope positively with change?

My Key Learning

I will explore...

- How some changes are outside of my control and how I feel about it
- People who I respect that are older than me
- How it feels to become independent
- What I like about who I am
- How to ask for help
- Changes that I might choose to make as I grow older

I will learn about...

- Life cycles in nature
- Growing from young to old
- How my body changes
- The physical differences between boys and girls
- Why some parts of my body are private
- Different types of touch and which ones I like and dislike
- The things I am looking forward to

Key Vocabulary	Definition
appearance	The way a person or thing looks.
child	A boy or girl from the time of birth until he or she is an adult.
control	The ability or power to influence the way someone will behave.
comfortable	A pleasant feeling; something you are not worried.
dislike	To not like someone or something.
independence	Being able to do things for yourself and make your own decisions.
like	To enjoy or approve of something or someone.
private	Only for one person or group and not for everyone.
teenager	A young person between 13 and 19 years old.
uncomfortable	Not feeling pleasant, or feeling anxiety.