



# Lower Key Stage 2 Changes

## Task 1: INSIDE OUT

Watch the clip from the film 'Inside Out'.

<https://m.youtube.com/watch?v=8XlnTTCydDQ>

Brainstorm together the changes Riley may be experiencing.



## Task 2: RECOGNISING EMOTIONS

**Challenge 1:** Draw a character that represents each of the four emotions.

**Challenge 2:** Together read and talk about all the words from the list below. Highlight any new words.

Joy

Fear

Disgust

Anger

**Other words for:**

**Joy:** playful, respected, creative, successful, confident, content, peaceful.

**Anger:** annoyed, numb, frustrated, jealous, ridiculed, let down, furious, rage.

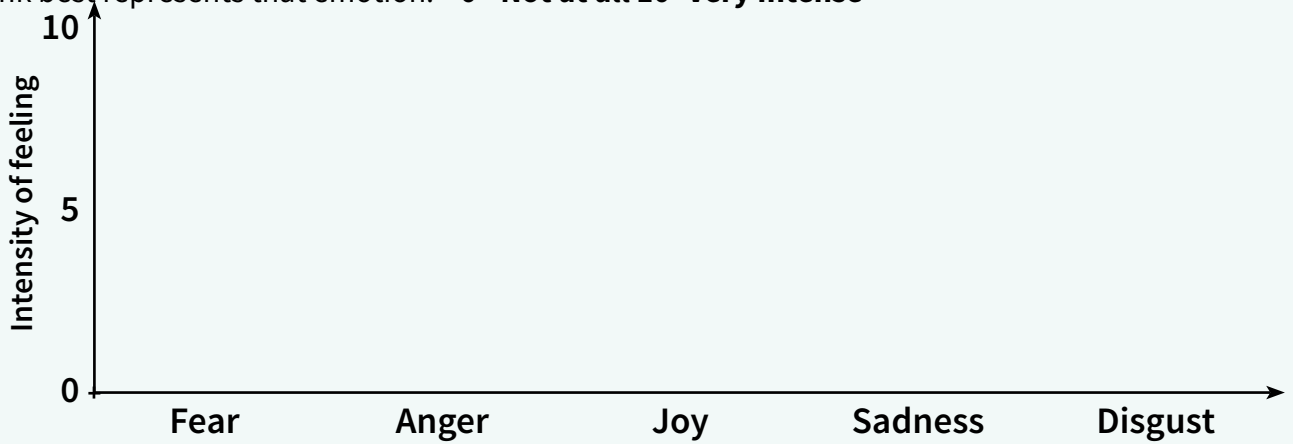
**Disgust:** horrified, revolting, awful, embarrassed, appalled, disappointed, repelled.

**Fear:** anxious, scared, insecure, frightened, worried, nervous, petrified, helpless.

### Task 3: INTENSITY OF FEELINGS GRAPH

Imagine Riley is starting her new school in September. What advice would you give to Riley? How intensely do you think she will be feeling these emotions?

Draw a bar graph to show the intensity of each emotion and colour each bar with a colour that you think best represents that emotion. **0= Not at all 10=Very Intense**



### Task 4: PHOTOGRAPH CHALLENGE

Challenge each other to take 10 pictures from around the house or garden that represent **change**.

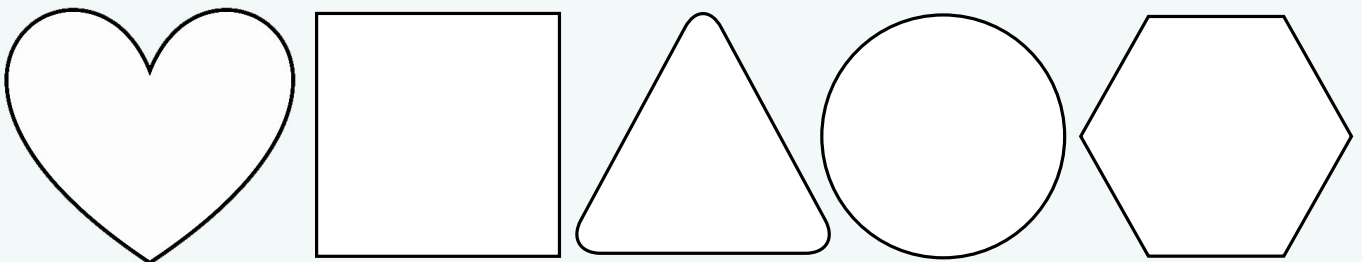
For example, it may be a wall chart where you have been measured to show how much you have grown. It may be a new plant that has grown in the garden or a gap where your tooth once grew. Who can be the most creative?

Share your pictures and see if the other person can say what change it represents.



### Task 5: LOOKING FORWARD

In the shapes below include 5 things you are looking forward to in the future. Share and compare your ideas.



Together we have completed the **Changes Module** for PSHE Matters. 

Signed .....

Signed .....