



Upper Key Stage 2 Changes

Task 1: LIVING IN SPACE

Watch the International Space Station Tour clip www.youtube.com/watch?v=tBVUTFPate0

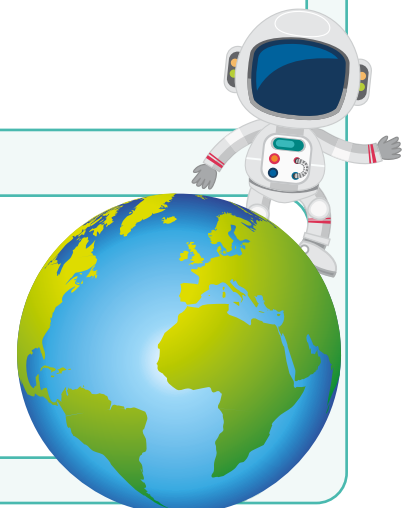
What changes would an astronaut on the International Space Station experience?
Record 10 changes that you observed. How do you think astronauts manage the changes?



Task 2: SURVIVAL KIT

If you were asked to go to the International Space Station (ISS) for four months what 10 items would you take with you? Once you have made your list reduce your list to the top 5 most important things you would need. Share and compare items with a family member.

What would you miss the most about Earth?

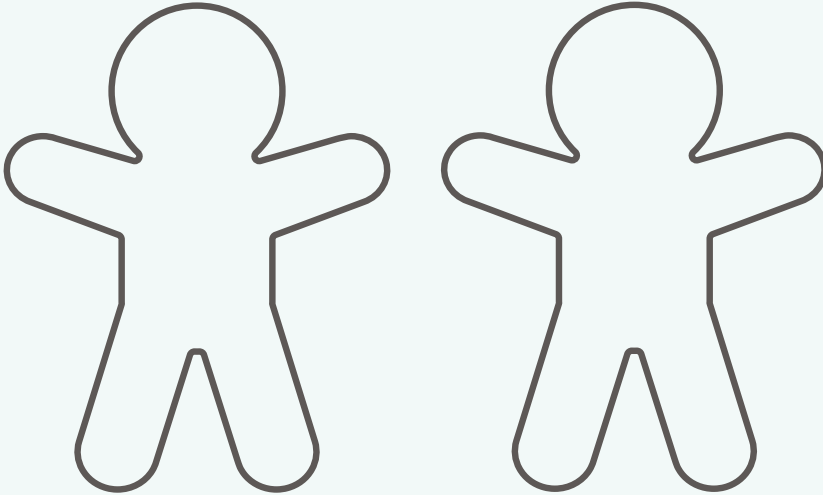


Task 3: INTENSITY OF EMOTIONS

Change can bring lots of different but normal thoughts and feelings. These thoughts and feelings can come in lots of different strengths and sizes. Sometimes we don't even notice them but sometimes that are felt so strongly they can change the way we think and behave.

Imagine you are an astronaut who is leaving your family on an exciting mission to the ISS. What emotions do you think you would feel? How would your family member feel?

Challenge: Draw two body outlines and include the emotions each person might feel on the inside and how they might behave on the outside. Use the word bank to help you.



Word bank:

fear, grief, anger, excitement, confidence, confusion, loneliness, sadness, numbness, whirlwind, freedom, hopefulness, frustration, anxiety, worry, anticipation, proud, emptiness, courageous, powerful, accepted, comfortable, loss, panic, respected, valued, unhappy, scared, mad.

Task 4: HAND CLAP CHALLENGE

With a family member create a hand clap that includes 10 different moves. Can you teach it to someone else?

Task 5: LOOK TO THE FUTURE

Growing up brings many changes and a really big change is going to secondary school.

What are you looking forward to most about changing schools and what will you miss the most about primary school? Share and compare your ideas with a family member.



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

Signed

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