



# Changing Me



## Reception

During the Reception 'changing me' topic, we will be helping the children to understand more about their bodies and their emotions. The topic will be split into 5 sessions across one week, which are as follows:

### Lesson 1 - My body

We will be teaching the children the names of their body parts, what each part does and why they are important.

#### **How you can support your child at home:**

- Research parts of the body that your child is unsure of
- Talk about the 5 senses; touch, smell, taste, see, hear. At home, the children could find things that relate to each sense and discuss and what they like/dislike.

### Lesson 2 - Respecting my body

We will be helping the children understand how to keep their bodies healthy, including what they can do and what they can eat to stay healthy.

#### **How you can support your child at home:**

- Your child could draw a picture of their favourite foods or things to do that keep them healthy at home.

### Lesson 3 - Growing Up

We will be helping the children to understand how they develop from babies to adults. We will discuss how they have already change from being a baby to now and how they will change as they grow up.

#### **How you can support your child at home:**

- Share pictures with your child of your family from when they were little. Talk about how they have changed from when they were babies and compare to their life now. You could share memories of your own childhood and how you have changed.

### Lesson 4/5 - Fun and Fears (Part 1 and Part 2)

We will be helping the children to understand their emotions, focussing on how they might feel about moving to year 1. This will include sharing things they are excited about or worried about and how to overcome their fears.

#### **How you can support your child at home:**

- Talk with your child about any worries that they may have about going into a new class and things they are excited about.
- Try to talk about the transition to Year 1 in a positive way at home.

### Vocabulary for each lesson:

**Lesson 1:** eye, ear, knee, finger, foot, mouth, nose, stomach, eyebrow, arm, tongue, toe, forehead, chest, hand, leg.

**Lesson 2: lifestyle,** healthy, unhealthy

**Lesson 3:** change baby, child, adult, grown up.

**Lessons 4 and 5:** change, feelings, anxious, worried, excited.