



## Year 1 Puzzle: Changing Me

Puzzle Piece	British Values	RSE Links	Objectives
1. Life Cycles	Mutual Respect Tolerance	Families and people who care about me.	<b>Understand that everyone is unique and special: Life cycles.</b> <ul style="list-style-type: none"> <li>I am starting to understand the life cycles of animals and humans.</li> <li>I understand that changes happen as we grow and that this is OK.</li> </ul>
2. Changing Me	Democracy Rule of Law Individual Liberty Mutual Respect Tolerance	Mental Wellbeing	<b>Can express how they feel when change happens: Changing Me.</b> <ul style="list-style-type: none"> <li>I can tell you some things about me that have changed and some things about me that have stayed the same.</li> <li>I know that changes are OK and that sometimes they will happen whether I want them to or not.</li> </ul>
3. My Changing Body	Democracy Rule of Law Individual Liberty Mutual Respect Tolerance		<b>Understand and respect the changes that they see in themselves: My Changing Body.</b> <ul style="list-style-type: none"> <li>I can tell you how my body has changed since I was a baby.</li> <li>I understand that growing up is natural and that everybody grows at different rates.</li> </ul>
4. Learning and Growing	Democracy Rule of Law Individual Liberty Mutual Respect Tolerance	Respectful Relationships	<b>Know who to ask for help if they are worried about change: Learning and Growing.</b> <ul style="list-style-type: none"> <li>I understand that every time I learn something new I change a little bit.</li> <li>I enjoy learning new things.</li> </ul>
5. Coping with Change	Democracy Rule of Law Individual Liberty Mutual Respect Tolerance	Families and people who care about me.  Being Safe  Mental Wellbeing	<b>Are looking forward to change: Coping with Changes.</b> <ul style="list-style-type: none"> <li>I can tell you about changes that have happened in my life.</li> <li>I know some ways to cope with changes.</li> </ul>
6. Celebration	Democracy Rule of Law Individual Liberty Mutual Respect Tolerance	Families and people who care about me.  Being Safe  Mental Wellbeing	<b>Are looking forward to change - Celebration.</b> <ul style="list-style-type: none"> <li>I can share my memories of the best bits of this year.</li> </ul>