



PSHE Knowledge Organiser



PSHE Strand/ Year Group Reception

Changing Me - Reception

Overview

The children are encouraged to think about how they have changed from being a baby and what might change for them in the future. They consolidate the names and functions of the main parts of the body and discuss how these have changed. They learn that our bodies change as we get older in lots of different ways. Children understand that change can bring positive and negative feelings and sharing these can help.

Social and Emotional Skills

- Can identify how they have changed from a baby
- Can say what might change for them as they get older
- Recognise that changing class can elicit happy and/or sad emotions
- Can say how they feel about changing class/ growing up
- Can identify positive memories from the past year at school/home

Knowledge

- Know the names and functions of some parts of the body (see key vocabulary list)
- Know that we grow from baby to adult
- Know who to talk to if they are feeling worried
- Know that sharing how they feel can help to solve a worry
- Know that remembering happy times can help us to move on

Key Vocabulary

Eye	Finger
Foot	Toe
Eyebrow	Stomach
Forehead	Hand
Ear	Baby
Mouth	Grown-up
Arm	Adult
Leg	Change
Chest	Worry
Knee	Excited
Nose	Memories
Tongue	