



Welton Primary School – PSHE Knowledge Organiser

Foundation Stage | Summer 2 | Changing Me



PSHE Puzzle Piece Vocabulary

Worry	Feeling uneasy about something
Change	Make something different
Memories	an experience, person, or thing that one remembers



1. My Body

I can name parts of the body



2. Respecting My Body

I can tell you some things I can do and foods I can eat to be healthy



3. Growing Up

I can tell you some things I can do and



4. Fun and Fears Part 1

I can express how I feel about moving to Year 1



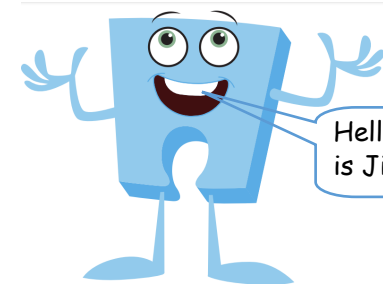
5. Fun and Fears Part 2

I can talk about my worries and/or the things I am looking forward to about being in Year 1



6. Celebration

I can share my memories of the best bits of this year in Reception



Hello, My name is Jigsaw Jennie

Reflective Questions

Ask me this...

What will happen if we eat less healthy food all the time?
How would it make us feel?

What have we achieved this year?
What have you learnt to do?



Home Learning

Look at pictures of your family from when your child / children were little. Discuss how they have changed and compare to children's life now.

Hello, My name is Jigsaw Jerrie

