

PSHE week 5

Changes

This week in PSHE we would like you to think about the changes that have happened to you. Write them in the first column- then write your feelings when during this change and in the last column explain why you felt this way.

| Change | Feelings | Why? |
|-----------------|----------|------|
| A new hairstyle | | |
| Moving house | | |
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In the boxes below you need to decide whether the changes you have written are little changes or big changes and write why you think this.

| Little changes | Big Changes |
|----------------|-------------|
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