Diagram

Description automatically generated

‘Changes’ progression of knowledge and skills at Grange Primary School

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| Early Years: FS2 | Year 2 | Year 4 | Year 6 |
| About Loss and Change | About Loss and Change | About Loss and Change | About Loss and Change |
| •Talk about the changes that children can observe from real life experiences.  •Explore simple life cycles of plants and insects.  •Explore the different ages/ generations of people who are important to us in our family.  •Explore caring for babies.  •Discuss how we have changed from a baby to now. | • Identify examples of loss and change.  • Begin to recognise that loss and change can affect the way we think, feel and behave.  • Understand that changes can produce big feelings. | • Recognise that loss/change are a normal part of life.  • Describe how change and loss, can affect feelings, thoughts and behaviours.  • Recognise that feelings associated with loss/change can change over time and range in intensity | • Explore that loss, bereavement and  change are part of the human life cycle.  • Understand that change and loss, including death, can create feelings and behaviours that are not the same for everyone.  • Recognise that internal conflicting  emotions can be normal when dealing  with loss and change. |
| Managing Loss and Change | Managing Loss and Change | Managing Loss and Change | Managing Loss and Change |
| • Understand some important processes and changes in the natural world around them, including the seasons and changing states of matter.  •Understand the life stages of people and how we change from babies to elderly. | • Identify feelings associated with loss and change.  • Recognise some simple ways to prepare for change/transition.  • Identifying different things that may help to manage big feelings.  • Talk about some ways to help others when they are affected by change.  • Know that it is important to talk to someone if you are worried.  • Identify people who can help us if we feel worried/unhappy. | •Use a varied vocabulary when talking about feelings associated with loss and change.  • Identify self-help strategies and the  importance of support when preparing for change/transitions.  • Describe everyday things that affect feelings and understand the importance of expressing feelings.  • Develop some ways of responding to others and showing support if they are affected by loss/change.  • Know why it is important to talk about our feelings and not bottle them up.  • Know who to talk to if you are worried or have strong feelings. | • Describe a range of emotions and  intensities associated with loss and change.  • Identify problem solving strategies to  manage transitions between classes and  key stages.  • Identify strategies to respond to feelings, including intense or conflicting feelings.  • Recognising the signs when someone  may be struggling and understand how to seek support.  • Explore some barriers to asking for help and some ways to address them.  • Know who to talk to and where to go for help. |