

# UKS2 Cycle A

Knowledge  
Organiser



## Summer 2—Growing and Changing

### Key questions

#### Managing Difficult Feelings

Why do people have good and not so good feelings?

Is resilience the same as confidence?

Can someone develop confidence or resilience? How?

Does having resilience help people with their feelings?

#### Managing Change

What different changes can someone experience?

Does change cause strong emotions?

Does preparing for change help?

How might preparing for change help someone to cope with it? What might help someone cope with these strong emotions?

#### Getting Help

Does the body feel differently when someone may need help?

When might someone need help?

What advice would you give to someone who needs to get help?

What makes someone a trusted adult?

### Key vocabulary

respect wellbeing trust  
hormones mood swings  
confidential confidence  
resilience puberty crush  
embarrassed menstruation  
unwanted attention separation  
unwanted touch period products

### I can ...

I can explain what resilience is and how it can be developed.

I can list ways that I can prepare for changes (e.g. to get the facts, talk to someone).

I am able to identify when I need help and can identify trusted adults in my life who can help me.