



# Key Stage 1 Changes

## Task 1: THE VERY HUNGRY CATERPILLAR

Read 'The Very Hungry Caterpillar' by Eric Carle or watch the animation:  
<https://www.youtube.com/watch?v=75NQK-Sm1YY>

Discuss together what changes happen throughout the story.  
Can you retell the story?

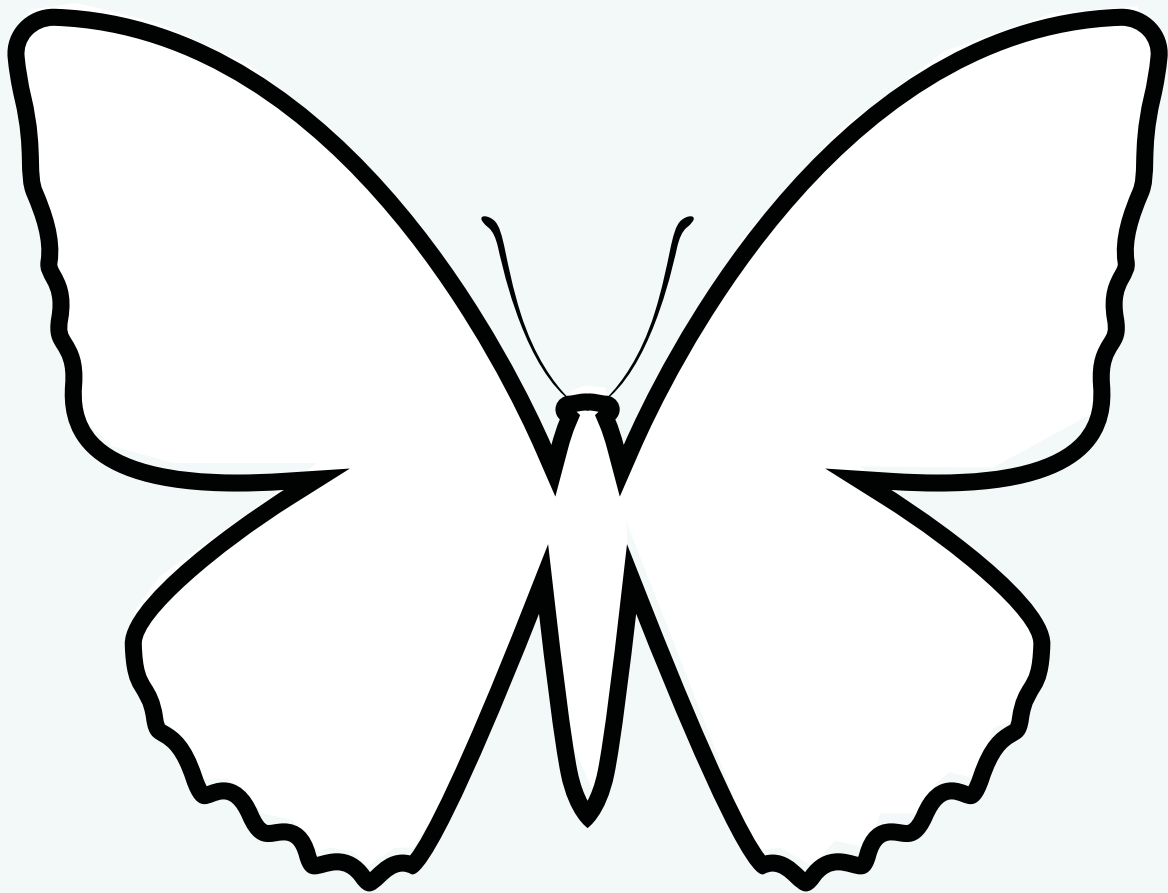


## Task 2: RECOGNISING FEELINGS

Change can be strange. It can affect how we feel. How do you think the caterpillar felt when he changed into a butterfly?

When we are worried sometimes we can get a fluttery feeling inside our tummies. People say, 'It's like I have butterflies in my tummy!'

**Challenge:** Decorate the butterfly below together and discuss how feeling worried is a normal feeling to have when we experience new things.



**Words to help:**

*sad, happy, scared, excited, tired, fuzzy, sick, in pain, alone, upset, bored, worried, exhausted, annoyed, nervous, lonely, bouncy, flat, unhappy, frightened, nothing, amazing, brilliant.*

### Task 3: TRUE OR FALSE

Read together and tick the changes that have happened to you so far in your lifetime.

- 1. My tooth has fallen out
- 2. I have grown a beard
- 3. I can go to the toilet by myself
- 4. I have moved house
- 5. I have a younger brother/sister
- 6. I can make my own breakfast
- 7. I can read a book
- 8. I stayed at home because of the coronavirus
- 9. I have a new teacher
- 10. I have invisibility powers

### Task 4: HIDE AND SEEK MEMORY GAME

Choose seven different objects and place them on a tray. Ask the other person to look at them carefully and try to remember them. Take the tray away and remove one of the objects. Can they see what has changed? Take it in turns.

Who has the best memory?



### Task 5: SUPERPOWERS

*Jamis woke up one day and realised something amazing. He could fly. He flew over houses, he flew under rainbows and saw so many beautiful things. Jamis's whole life had changed in just one day.*

**Challenge 1:** Jamis had always wanted to be a Superhero. Together design a Superhero logo or cape.

**Challenge 2:** Jamis loved to fly high in the sky but one day his Superpower suddenly stopped working. Jamis felt really upset. Think of 3 things you might do or say to cheer him up.



Together we have completed the **Changes Module** for PSHE Matters. 

Signed .....

Signed .....