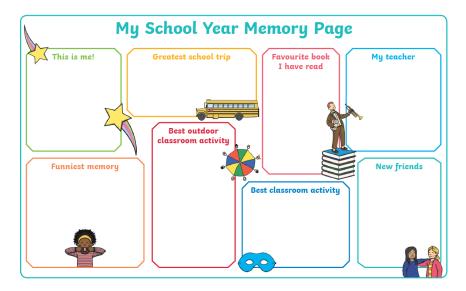
### Year 3 Home Learning

## **PSHE**

You have already experienced lots of change in your life and we are now approaching another change: moving from Year 3 to Year 4.

### Activity 1: My School Year Memory Page

In our class assemblies last week, we shared some of our favourite memories from our time together in Year 3. Collect some of your favourite memories on this memory page. You can use words and/or pictures. You might want to stick it on the wall or keep it somewhere safe.



# Activity 2: Positives and Negatives of Change

Most change we experience usually has both **positive** and **negatives** aspects to it. It is ok to feel sad about some aspects of change. Sometimes change can make us feel worried too. However, it is also really important to focus on the positive things that come with change.

### What Are the Positives and Negatives of a Change?

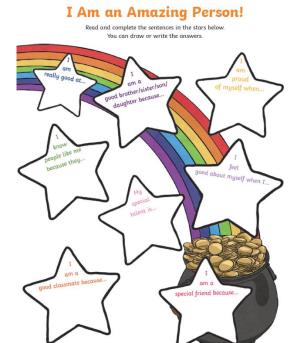
Think about the positives and negatives of some change that has already happened or will be happening soon (e.g. moving into Year 4 in September). Then, think about the positives and negatives of these changes (e.g. having more responsibility, meeting your new teacher, looking out for Year 3 children.)

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what are the positives?	what are the negatives?

## Activity 3: My School Year Memory Pages

Another way to focus on the positives is to think about all the brilliant things that make you you! When you are feeling sad or worried it can help to remind yourself of all the things that make you special.



### Activity 4: My Future Self

You have already gone through lots of changes in your life.

- 1. Ask your parents to show you some photos of you when you were younger. Put them in time order and then make observations about how you have changed so far. How have you changed physically? What can you do now that you couldn't do when you were younger?
- 2. Imagine how you might change in the future and draw a picture of your future self (at any age you choose!). Think about what you will look like but also what you would like to be like. What do you think will be important characteristics to have? What kind of person would you like to be? What would you like to be able to do when you are older?