

Check in

Aim: to all introduce to ourselves & topic of change

‘My name is & if I could have a surprise trip I would choose to go to.....’

Overview (why are we here?)

We are going to meet for a class circle every week until the end of term. Remember our rules. Recall the info that we collected from Friday’s circle.

These circles will help us share, work together & problem solve while having fun. Help us with moving from Year 5- year 6.

Mix Up

- Had a surprise present
- Had a surprise party
- Had a surprise visitor
- Had a surprise letter
- Move of you love surprises
- Move if you hate surprise

Look at the importance of having time to get ready for change

Main Focus

To understand & recognise that we can all find changes difficult to cope with.
To share that changes can affect our feelings & behaviours.
What can we learn from each other & how can we help ourselves to cope better with changes?

Scaling:

Discuss these changes: supply teacher in morning, wet playtime, cancelled trip, extra assembly, cancelled PE session, a test

- What feelings do you have when you learn about this change suddenly?’
- What feelings do you have when you learn about this change a week before?’

Discuss different views.

What are the strategies that we can share in helping each other with these situations?

Ways to cope with a sudden change	Ways to cope with a change we know about

Put in 3 groups- each led by adult- discuss same questions & record responses:

Share results

How could this help us with moving on from Year 5 into Year 6?

Check out

Ice cream or Ice Lolly

