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**E4S KS1 Transition and change – Coping with loss**

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| **Cornerstone:** | EHWB |
| **Concept:** | Transition and change |
| **Theme:** | Coping with loss |
| **Key Questions:** | Teachers have used the questions and statements from the E4S curriculum to plan lessons on being safe, which are delivered throughout the year according to the school’s scheme of work.  This is what your child will be learning about in the upcoming scheme of work:   * What emotions and feelings are associated with change? * What are the names of some of the emotions that may be felt in situations involving the loss of special possessions or people? * What strategies could I use for coping with difficult or confusing emotions? * Is change a normal part of life? Does it happen to everyone? * Can we plan for change? And when can’t we? * What changes might I or other children experience in our lives? * Who could I go to if I need help with change? * What changes can be positive, and might be something to look forward to? |
| **Questions to consider with your child:** | How does change make you feel?  Are your feelings positive or negative or a mixture of both?  What helps to make you feel better?  How can I help you to feel better?  What special memories do you have?  How can you treasure these? |
| **Suggested Resources for parents:** | Please find additional support and guidance below in relation to coping and loss.  [Winston's Wish](https://www.winstonswish.org/)  [10 ways to help your child cope with change](https://www.mentallyhealthyschools.org.uk/resources/10-ways-for-parents-to-help-their-children-cope-with-change/)  [Grandad's Camper](https://www.amazon.co.uk/Grandads-Camper-Harry-Woodgate/dp/1783449926/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=) |