




Star Words	Definition
Medicines	A drug that can help someone feel better if they are ill or injured.
A change	When something is different to what it was before.
A loss	When you have lost someone or something that is important to you.

Sticky Knowledge



Medicines can help us stay healthy. We should only take medicines given to us by a trusted adult. If we don't use medicines correctly, they could make us poorly.

Helpful Books and Websites





<https://www.bbc.co.uk/bitesize/articles/zg982nb>
<https://www.nspcc.org.uk/advice-for-families/family-bereavement-how-to-support-children-through-grief-and-loss/&Support>

Home Learning Ideas

- Make a poster to let people know how to stay safe when using medicines.
- Make a memory box to remember someone or something special in your life.

How might you feel if you experience a loss or change?

- Sad/upset
- Angry
- Lonely
- Disappointed
- Worried/anxious
- Scared

What might help you if you experience a loss or change?

- Talking about your feelings
- Being with the special people in your life
- Remembering the happy memories
 - Making a memory box
- Doing things that make you happy
 - Staying in a routine