

Juniper Hill School- Life Skills Curriculum September 2026
Knowledge and skills Overview Document

Topic: Changes, Loss and New Beginnings (Juniper Hill School's own unique topic)

In this unit, children will explore the different changes and challenges that can occur in family life and learn positive ways to manage the feelings these experiences may bring. They will develop an understanding that families can change in many ways, including through separation, moving home or school, illness, the arrival of a new sibling, leaving friends, and bereavement. Pupils will learn that a wide range of emotions are normal during times of change and that talking to trusted adults, sharing their feelings and developing coping strategies can help them build resilience. Through age-appropriate discussion and reflection, children will gain the confidence to navigate change, value happy memories, and recognise that support, care and positive relationships can help them through difficult times.

Objective	EYFS	Year 2	Year 4
Lesson 1 Divorce / Separation	I know there are different types of families.	I know there are different types of families. I know that sometimes Mum's and Dad's separate or divorce.	I know that sometimes parents separate or divorce. I am learning that I can be strong and succeed in life if my family unit ever changes. As long as there is love in my family and I can talk to, and trust the people who look after me, I can learn the skills to manage changes.
Lesson 2 Moving House / Moving Schools	I know that moving house is normal and can be unsettling.	I know that moving house is normal and can be unsettling but often brings new opportunities.	I know that moving house is normal and can be unsettling but often brings new opportunities. I know it's important to give myself time to get used to new situations, to try and look at life positively and embrace change.
Lesson 3 Sickness in the Family – Younger Carers	I know that it's normal for people to become sick. Sometimes people in my family will get better quickly and sometimes it may take longer.	I know that it's normal for people to become sick. Sometimes people in my family will get better quickly and sometimes it will take longer. I know that when someone in my family is sick, life for me may change a little, but I should always try to remain positive.	I know that it's normal for people to become sick. Sometimes people in my family may take longer to get well and may need more support and help to get better. (Young carers) I know that when someone in my family is sick life for me may change, but I should always try to remain positive.

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Lesson 4 Sibling rivalry/jealousy Arrival of new brothers or sister.	I know that it's normal to feel jealous if I have a new baby at home. I know that my family still loves me just the same.	I know that it's normal to feel jealous of my siblings. I know that my family still loves me just the same.	I know it is normal to feel jealous of my siblings. I am learning strategies I can use to help me feel better when I feel life at home feels unfair.
Lesson 5 Leaving Friends / Family. Moving On.	I know that it's hard to leave my friends when I move house, school or class.	I know that it's hard to leave my friends when I move house, school or class. I know that I will have a mixture of feelings about change.	I know that change is part of life. I know that at some point I will have to leave my friends. I know that the impact of change on someone's life can sometimes be very significant.
Lesson 6 Bereavement and loss	I know that sometimes pets and family members die and I feel sad.	I know that sometimes pets and family members die and I feel sad and sometimes angry at their loss. I can talk about my loss and share memories.	I know that sometimes pets and family members die and I feel sad and sometimes angry at their loss. I know that I can have positive memories about them that I can share those. I can learn strategies to manage my loss e.g. making a memory book and reading relevant books about loss.