

Jigsaw Jack's Journey

Changing Me

How can I cope positively with change?

I will learn about...

- The life cycle of animals and humans
- How I change as I get older
- The things about me that stay the same
- The parts of the body that make boys and girls different
- Changes that have happened in my life

I will explore...

- How I feel about change
- Why change happens and is a part of growing up
- The changes that everyone will go through at different rates
- How to respect my body and know which body parts are private
- How to cope with change

changes

vulva

Worried

anus

life cycles

penis

special

testicles

private

growing up

coping

baby

adult

male

female

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My Thinking Pad

What have I learnt in this puzzle that helps me to understand how we change as we grow?

We all change as we grow older because...

Changing makes me feel...

I can look after my body by...

How might you help yourself manage feelings about change that are worrying or sad?

Which parts of our bodies are private?
Can you use the correct names?

What things can you do now, that you couldn't do when you were a baby?

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