

# CHANGING ME

## Jigsaw Jack's Journey

How can I cope positively with change?

changes  
life cycle  
baby  
adult  
growing up  
male  
female



### I will explore...

- how I feel about change
- why change happens and how it is a part of growing up
- how everyone goes through these changes at slightly different rates
- how to respect my body and know which body parts are private
- how to cope with change

penis  
testicles  
vulva  
anus  
private

### 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 as I get older
- the parts of the body that make boys and girls different
- changes that have happened in my life

copng  
excited  
proud  
worried  
happy  
nervous  
curious

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

### My Thinking Pad

What have I learnt in this puzzle that helps me to cope positively with change?

We all change as we grow older because...

Changing makes me feel...

I can look after my body by...

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

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

### Looking back at my journey

Something important I learned

I feel proud that...

A question I still have is...

