

CHANGING ME

Jigsaw Jino's Journey

How can I cope positively with change?



birth
babies
mother
womb
nutrients

puberty
change
personal hygiene

I will explore...

- how I feel about babies and young animals
- how I might feel about changes to my body and ways to cope with these feelings
- how I feel about keeping my body clean as I grow up
- how I feel when my ideas are challenged

I will learn about...

- how humans and animals grow and change from birth to adulthood
- why bodies change as we grow up
- how boys' and girls' bodies change on the inside and outside and why these changes matter
- why keeping clean becomes more important at puberty
- simple ways to keep clean and healthy
- stereotypes about parenting and family roles
- what I am looking forward to in my next class
- changes I might make next year

love
affection
care
family
stereotypes
roles

breasts
penis
testicles
scrotum
genitals
pubic hair

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Can you explain how boys' bodies change on the outside and inside during the growing up process?

How can you challenge stereotypes about girls and boys?

My Thinking Pad

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

We change as we get older so that ...

If I feel worried, nervous or scared about changing, I know I can...

I am looking forward to...

Looking back at my journey

Something important I learned

I feel proud that...

A question I still have is...

Can you explain how girls' bodies change on the outside and inside during the growing up process?

