



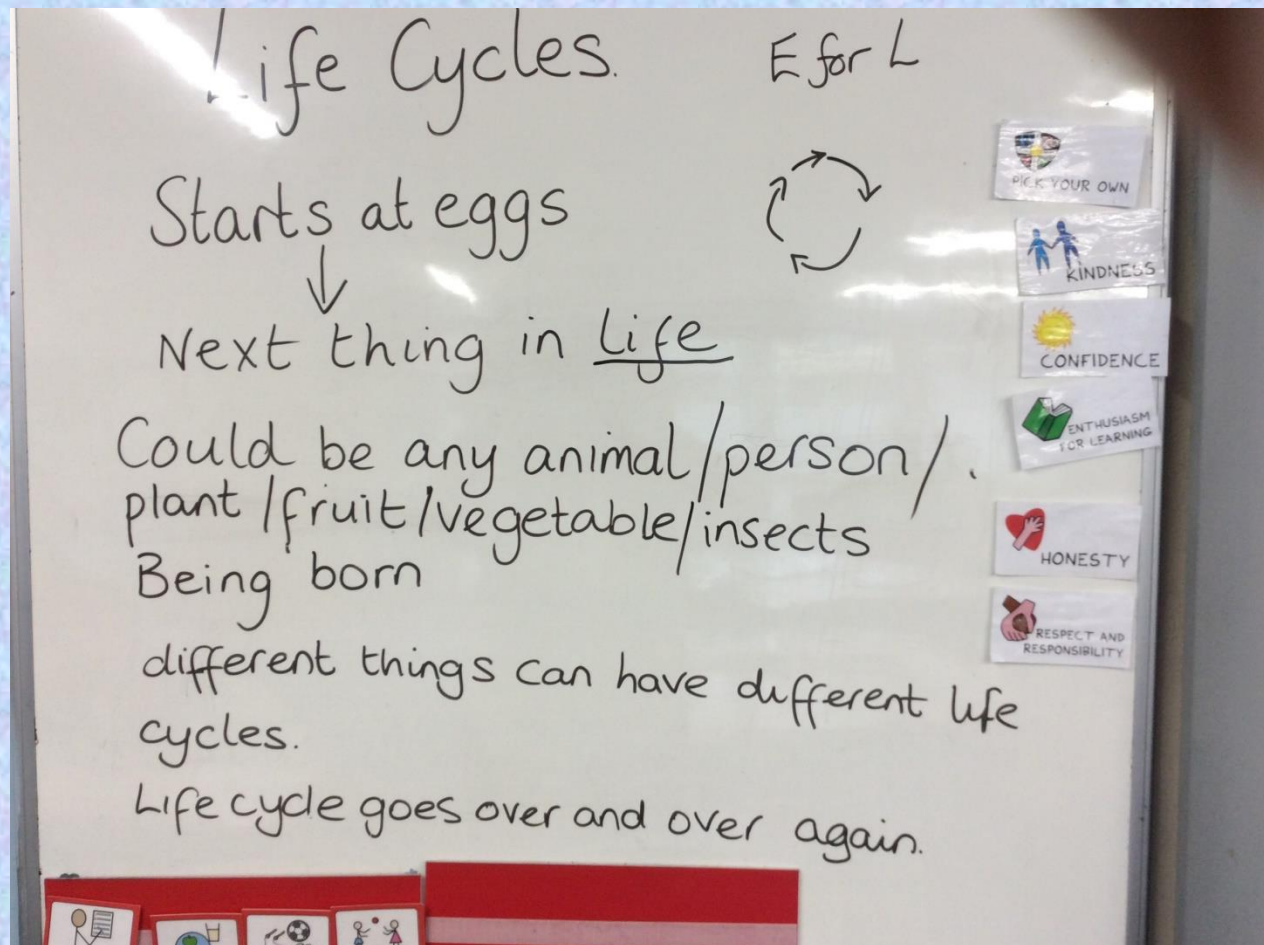
Class Cremyll

PSHE

Changing Me

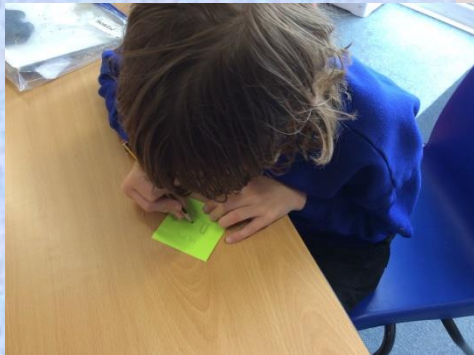
Understand that changes happen as we grow. Understand that growing up is natural and that everybody grows at different rates. Understand we need to respect our bodies and that which parts are private. Enjoy learning new things. Know some ways to cope with change.

First, we looked at the life cycle of a frog. Then we talked about what we know about different life cycles.



"We have a life cycle because humans are like animals."
"When you're a baby, you can't talk or walk so you have to cry to get tell someone you're not happy."

What can I do now that I couldn't do when I was a baby?



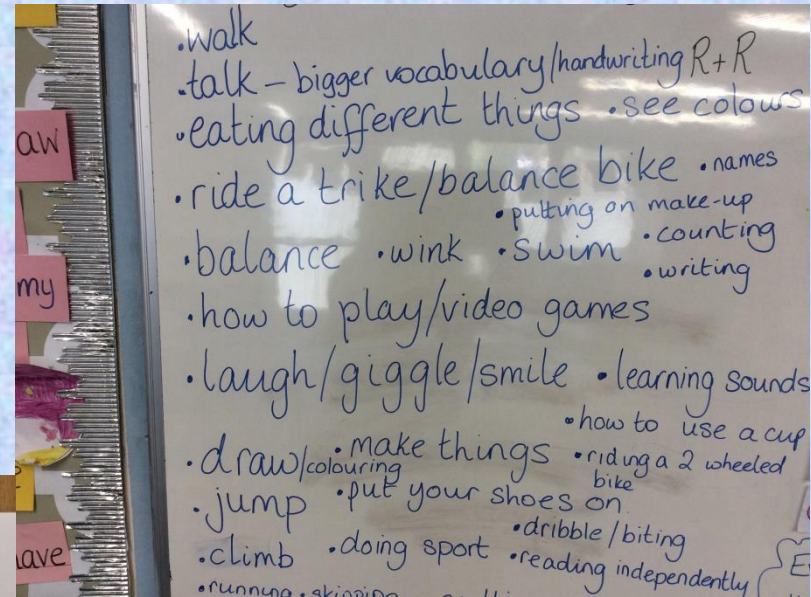
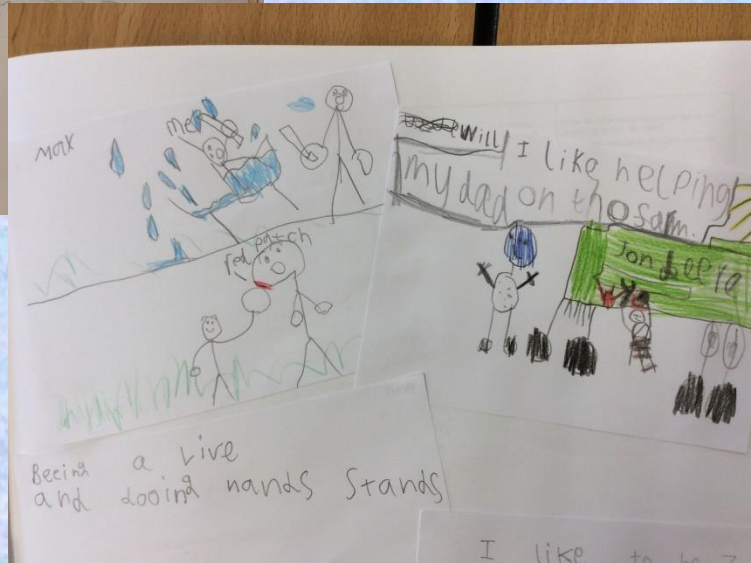
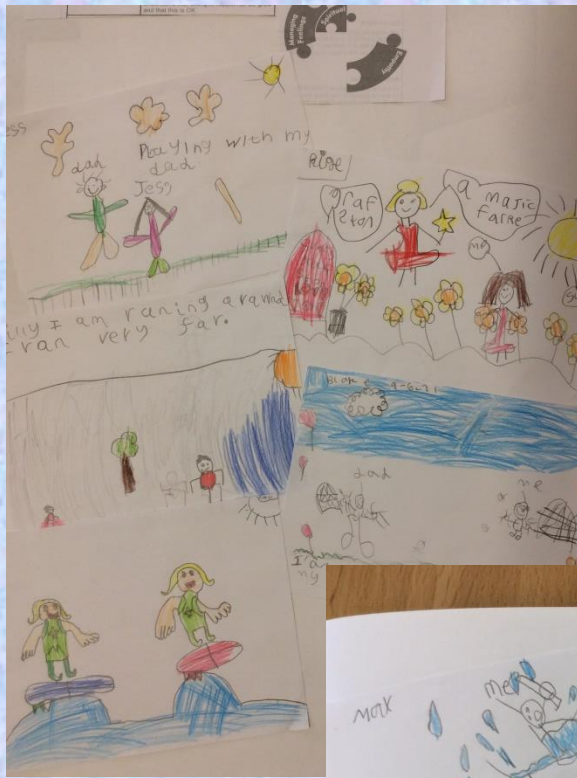
What can I do now?

- flip your tongue
- Pirate ship ride
- dance
- count
- run
- read
- work on computers
- front flip on the trampoline
- sing
- walk
- keepy-uppies
- See properly
- do animations
- Cartwheels
- ride bikes
- go to school
- reach taps
- learn to write
- cook
- handstands
- colour properly
- help each other
- jump
- yoga
- back flip on the FY40
- skateboard
- surf
- look at/use your phone
- eat harder foods
- go upside-down by yourself
- bake cakes
- talk
- draw beautiful pictures or 3D shapes
- eat ice-cream

"I can flip my tongue, I couldn't do that when I was a baby."

"Now I am 7, I can play football and do tricks."

We thought
about the things
we can do now
we are 5, 6 and
7 years old.



"I can ride a bike and I couldn't do that when I was a toddler."

"I can help with the cooking now I am six."

We're the same

- * we can do cartwheels
- * we have eyelashes
- * we are humans/animals
- * we do sports
- * we play
- * we walk

We're different

- * boys can have beards, goaties and moustaches
- * boys are usually more sully than girls
- * girls have higher voices and boys have deeper voices
- * boys often like more dangerous thing than girls
- * girls have babies

How are we the same?
How are we different?
Is that okay?

Some boys like girls
toys and some girls
like boys toys

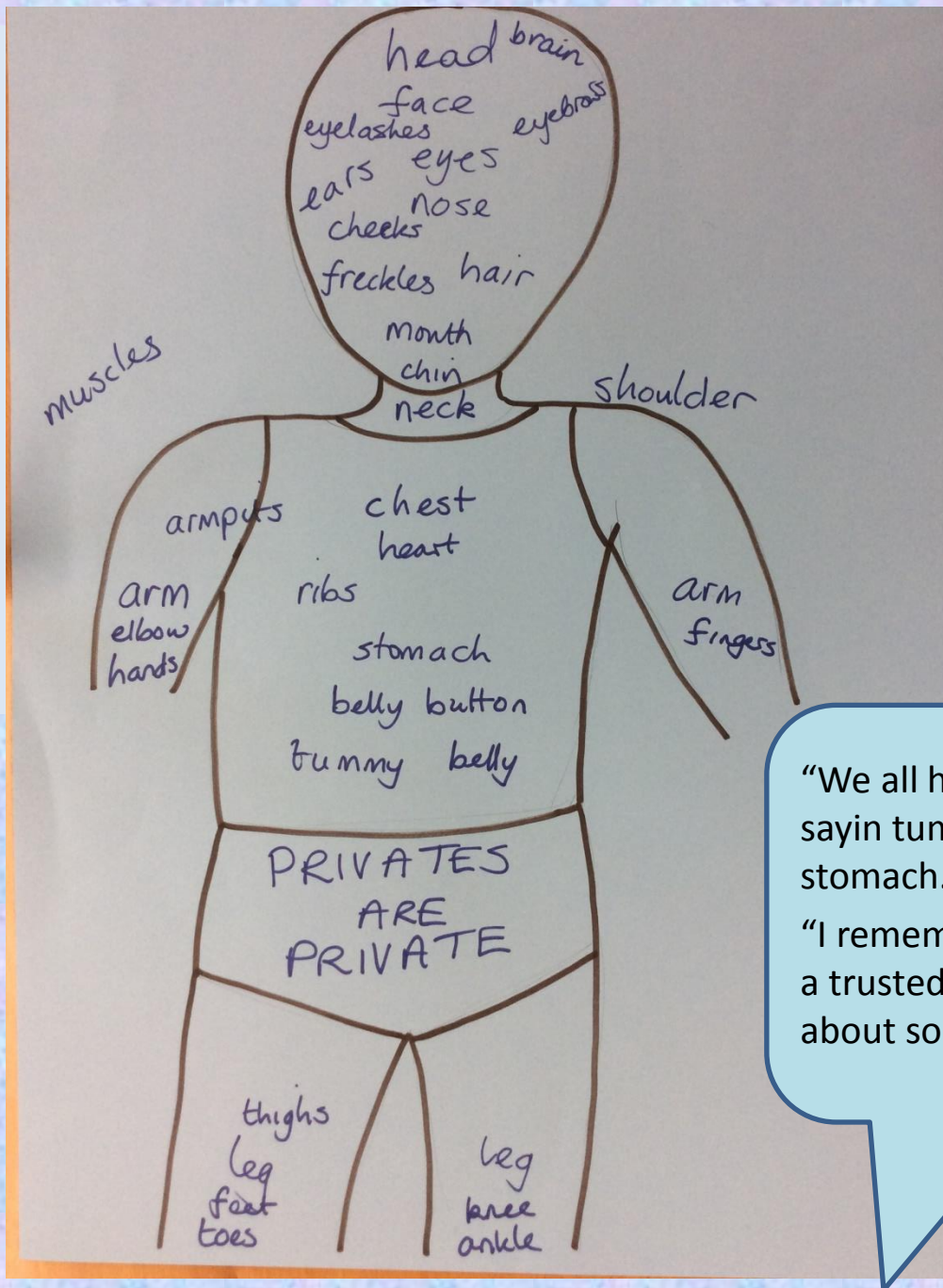
Why isn't it just toys?

boys marry boys
and girls marry
girls and girls
marry boys

"I can do cartwheels and my friend can do handstands – I find them tricky."

"When we talk about toys, why isn't it just toys and not girls toys and boys toys."

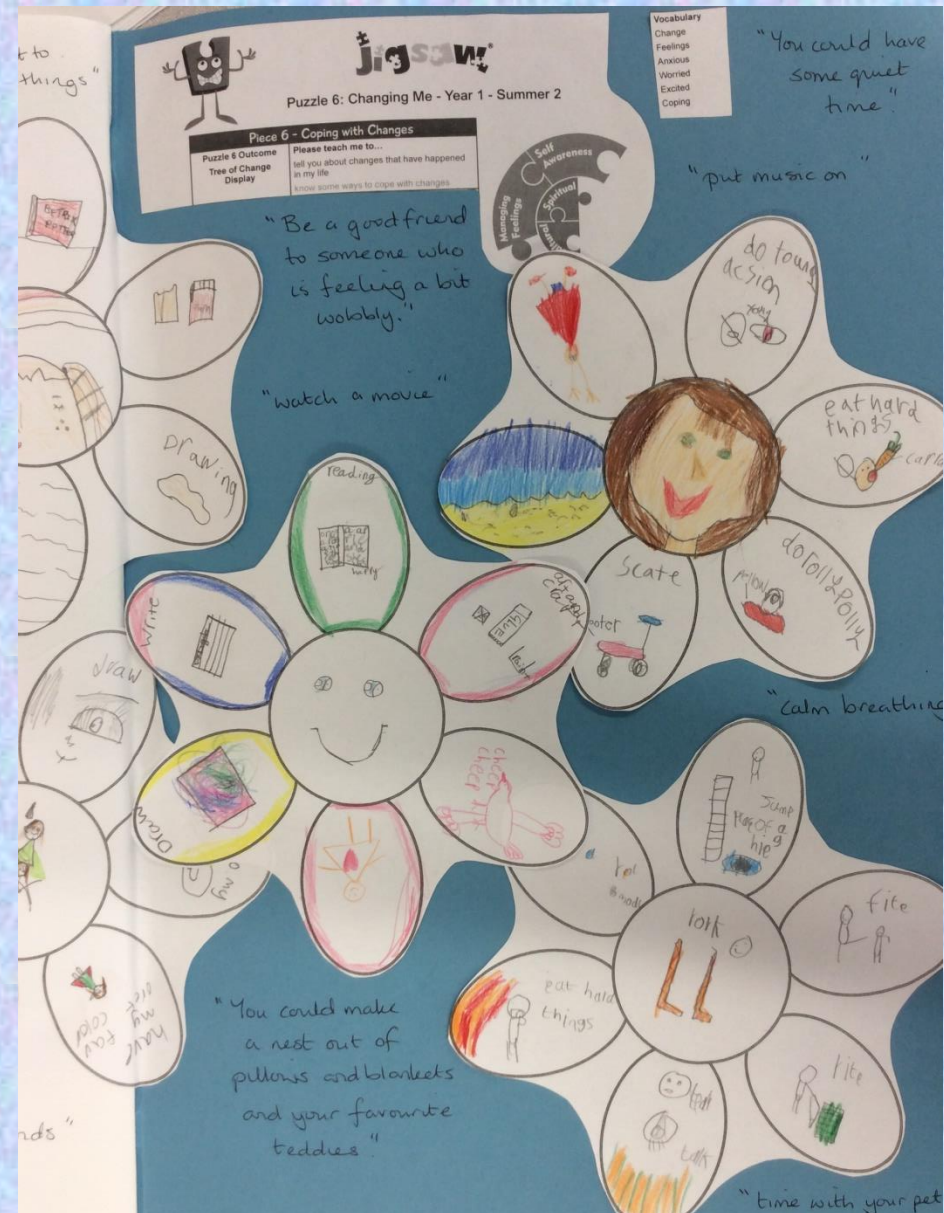
We talked about the parts of the body and learnt the scientific words for our private parts. We remembered learning the 'Privates are private' song a little while ago.



"We all have different ways of sayin tummy, like belly and stomach."

"I remember we can always talk to a trusted adult if we are unhappy about something."

We discussed how every time we learn something new, we change a little bit and that's okay.



"If we feel wobbly, we could do a mindfulness activity like reading a book or listening to music."

"You could snuggle up with a film to feel calm."