

Date

How babies grow

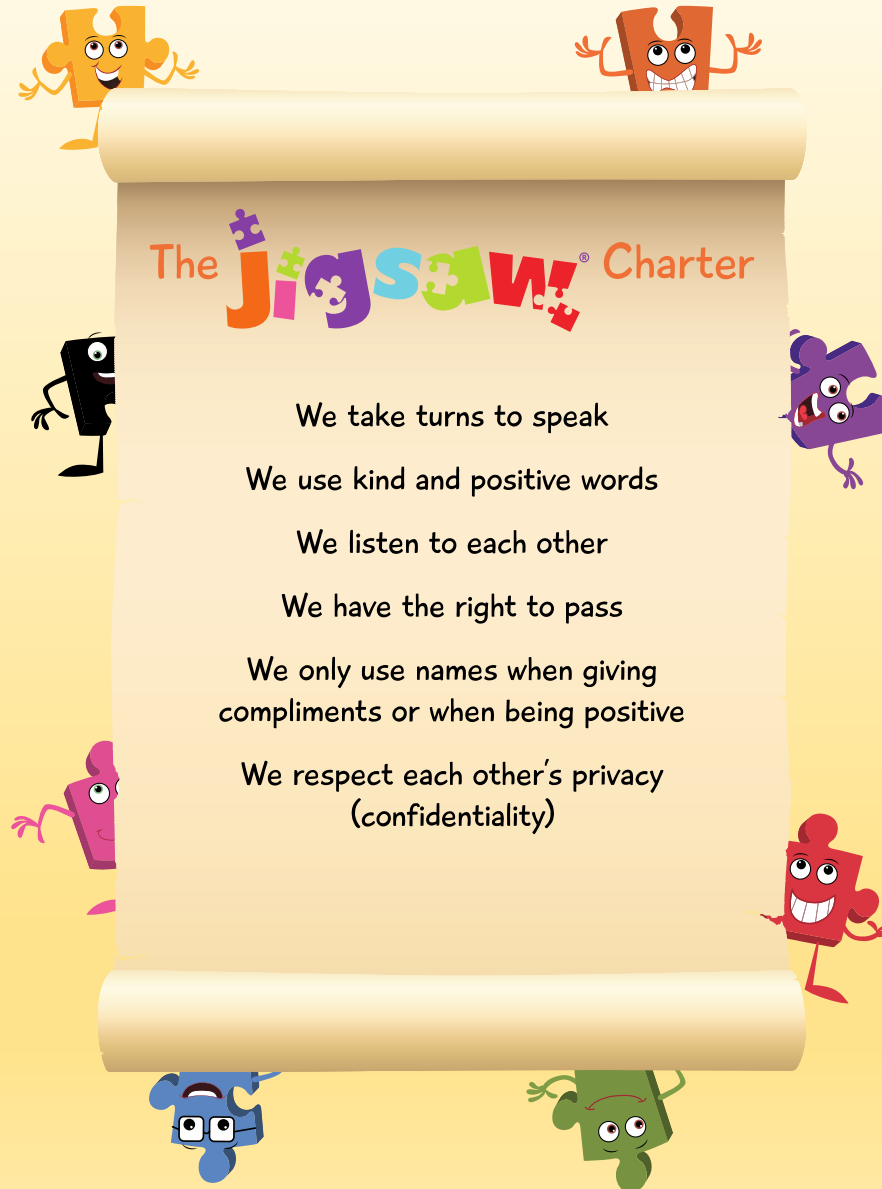


# Changing Me

## Lesson 1 Aims:

Understand that in animals and humans lots of changes happen.

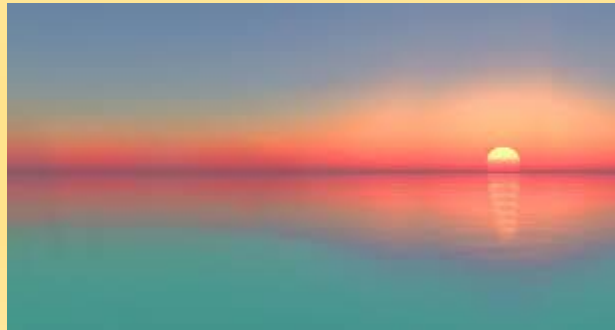
Express how I feel when I see babies or baby animals.



What's the mime?

1 child in the middle of  
the circle, acts out an  
everyday action for  
everyone to guess.

# Calm Time





## Pairs Card Game

Give each child a card and ask them to find their partner.

Think about one change that has happened to the baby for it to turn into an adult.

How does this photo make  
you feel?





How does this photo make  
you feel?





How does this photo make  
you feel?



How does this photo make  
you feel?







It is usually the female animal who carries and has the baby.

Males (dads) have an important role to play in care too.

TTYP- How might penguins be different?



What can't a baby do for themselves.

Who does these things for a baby?

How might it feel to have a new baby in the family?



# Vocabulary

- Changes
- Birth
- Animals
- Babies
- Mother
- Growing up

Task 1- Use the pair cards from the Connect us activity. Draw two pictures in sequence to show changes that happen for the baby: from birth, to being fully grown.



Task 2- write a short description about the changes that occur as the baby grows into an adult

A lamb will grow taller and become a fully grown adult (sheep). Its wool will become thicker, and they will no longer need milk from the mother. Instead, they will drink water and eat hay/grass.





Why do babies rely on others?

Date

Babies

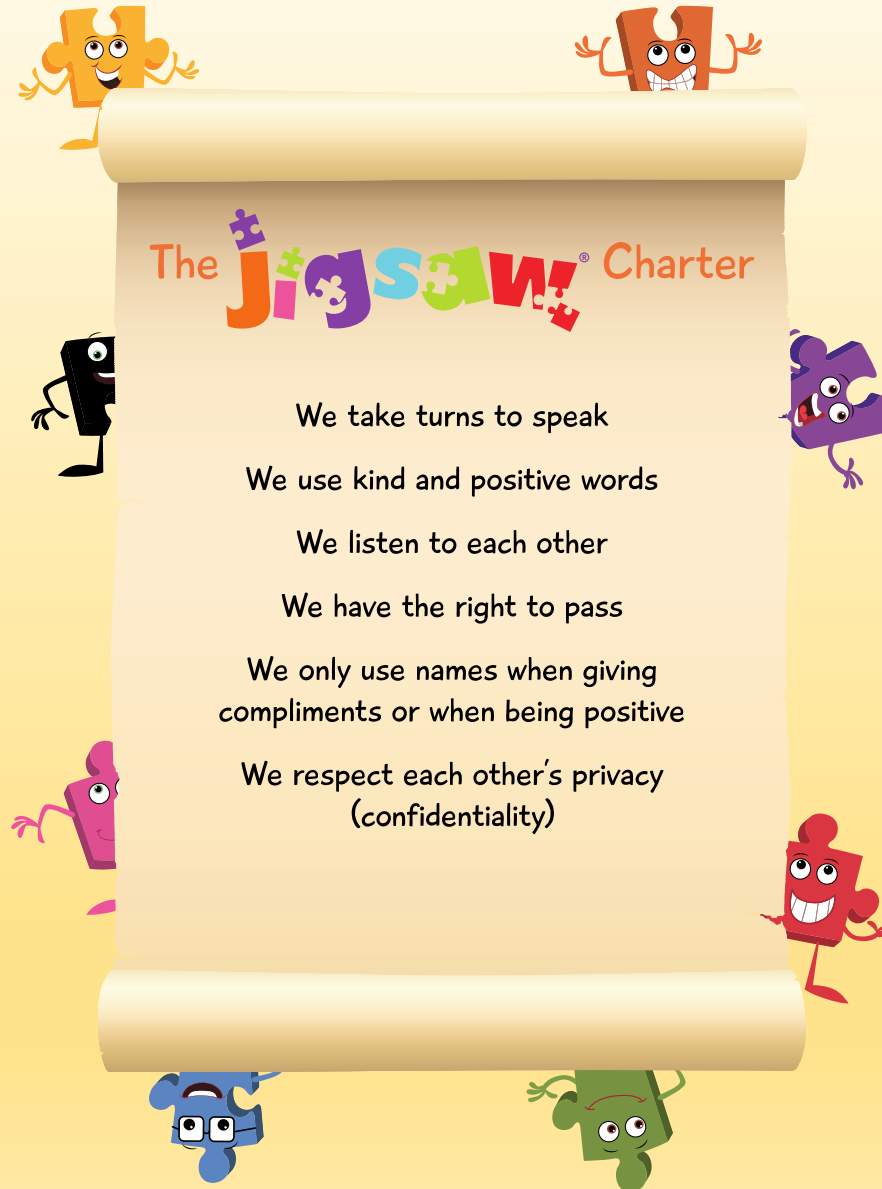


# Changing me

## Lesson 2 Aims:

Understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grown.

Express how I might feel if I had a new baby in my family.



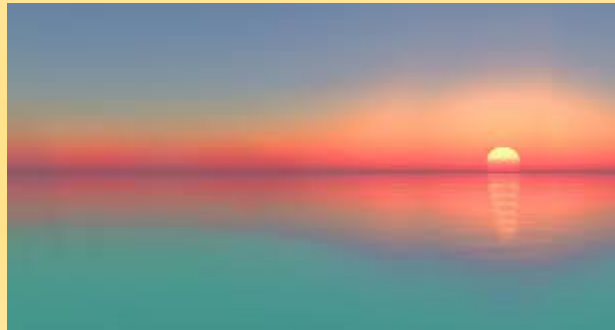


Would you rather...

Play would you rather  
game...

Encourages decision making.

# Calm Time







What  
does a  
baby  
need to  
survive  
and  
grow?

TTYP

What does a baby need  
to survive and grow?

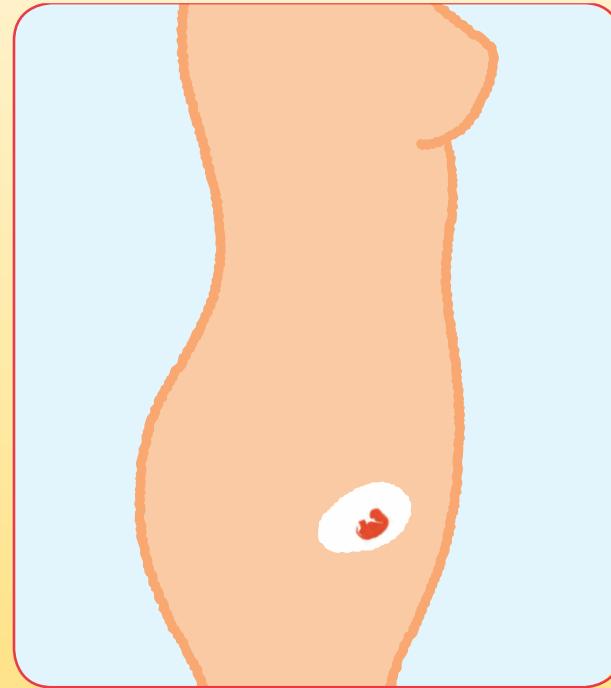
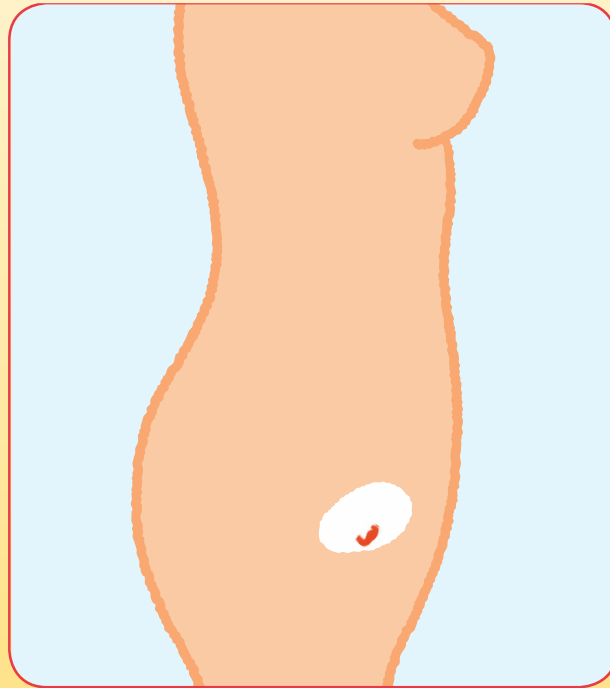
milk nappies clothes  
cot teddies

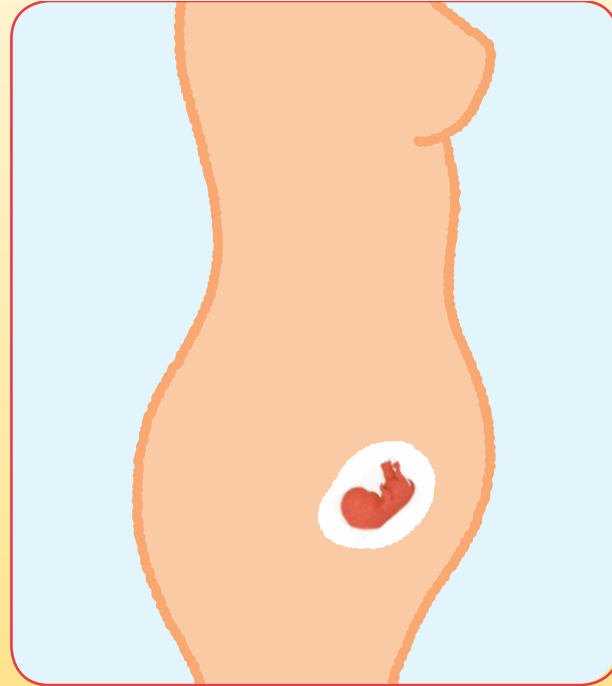
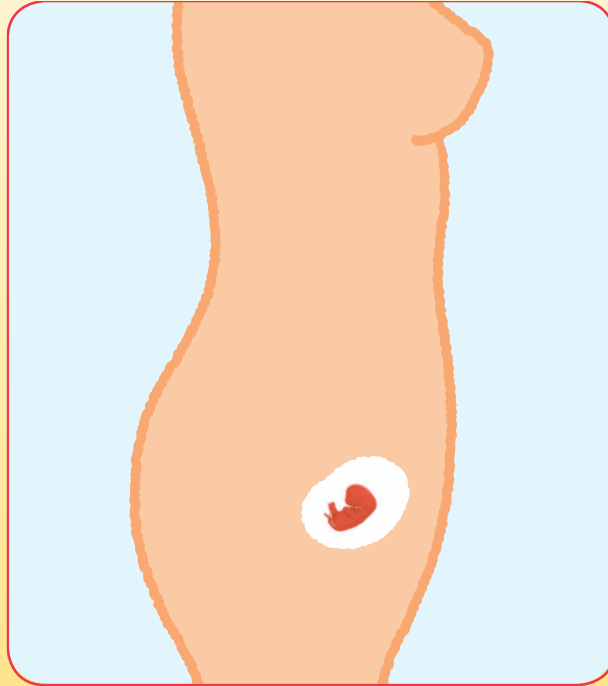
love affection

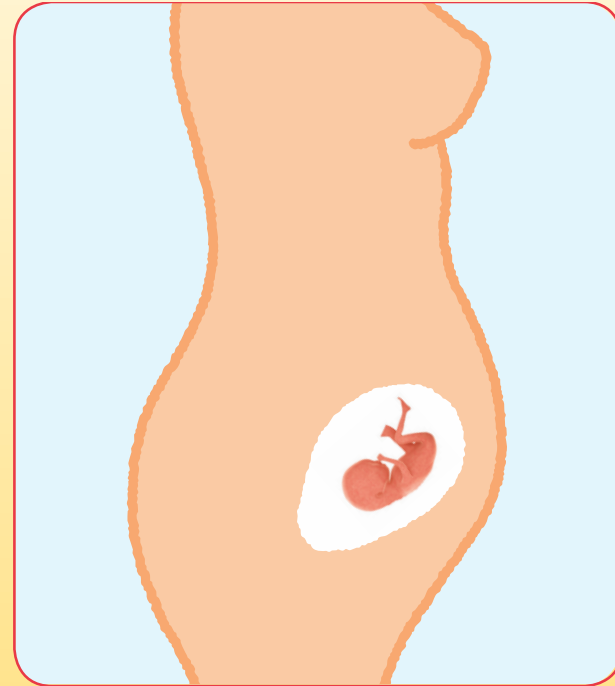
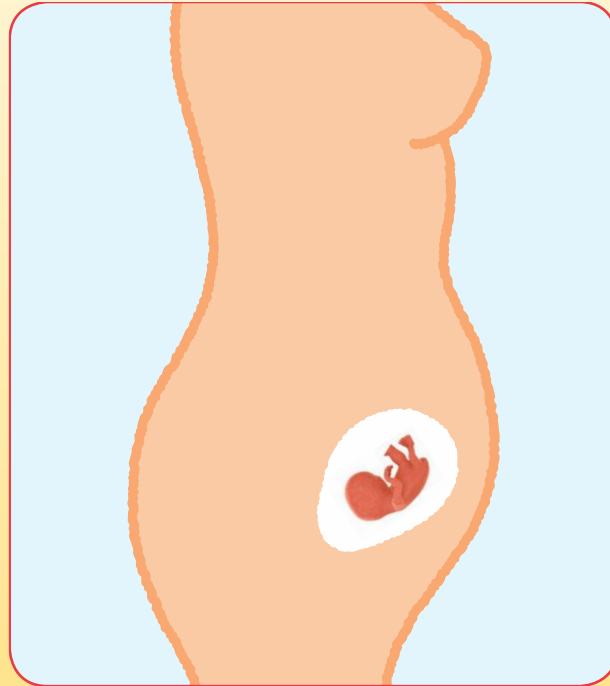
Where does the life of a  
baby start?

Where does it begin to  
grow?

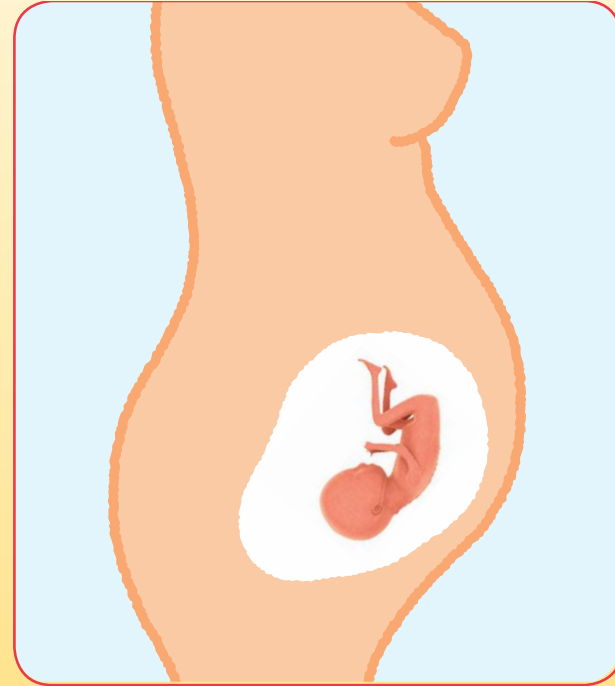
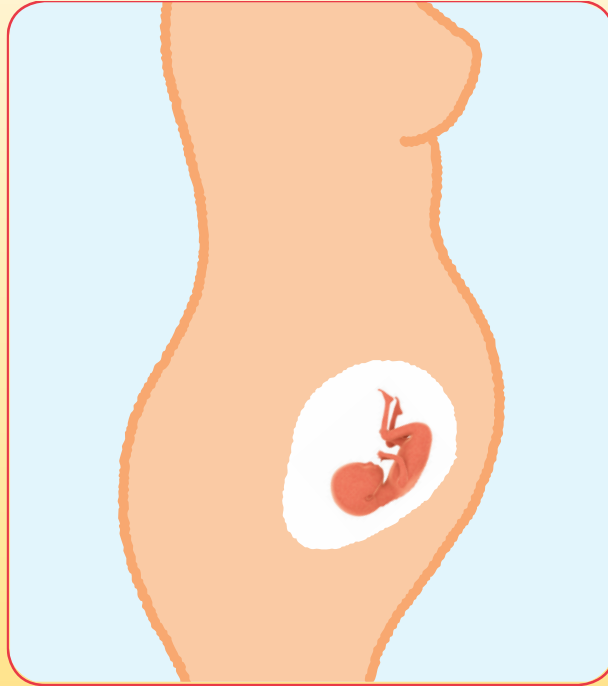
How does it grow?

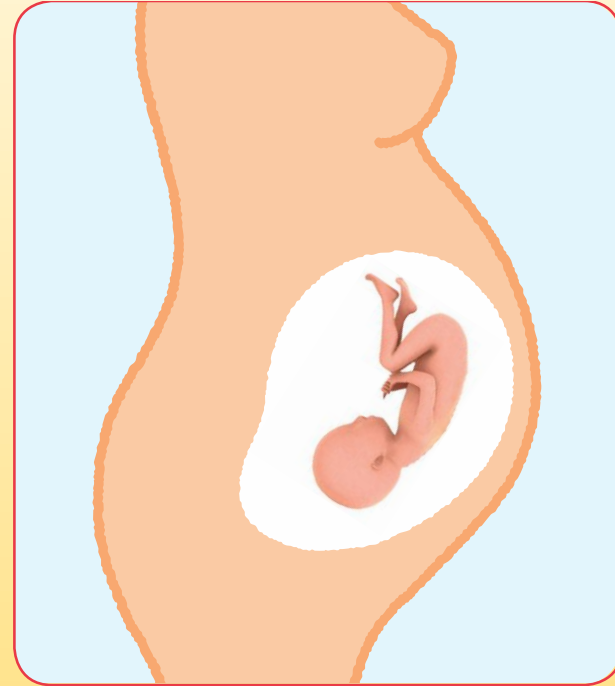
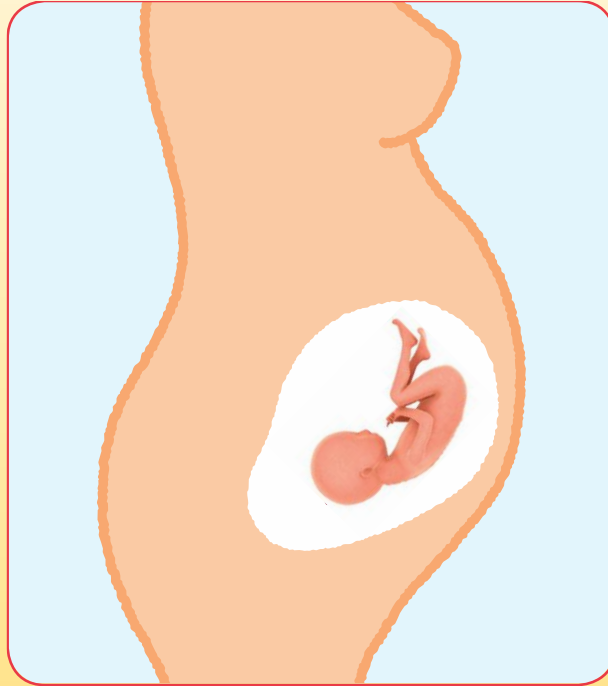










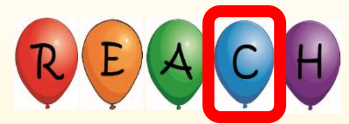


The baby grows inside  
the mother's  
womb/uterus and gets  
all its nutrients in  
order to grow from the  
mother.



# Vocabulary

- Baby
- Grow
- Uterus
- Womb
- Nutrients
- Survive
- Love
- Affection
- Care



# Task

Draw a picture of a baby and, around the edge of their picture, to design a frame showing all the things a baby needs to survive, to live and to grow. Encourage the children to draw pictures and write labels.

Remember- it isn't just the physical things that are important; that babies need to feel loved and cared for too.



Why is it important that a baby receives love and attention, as well as physical things?



Date



Outside body changes

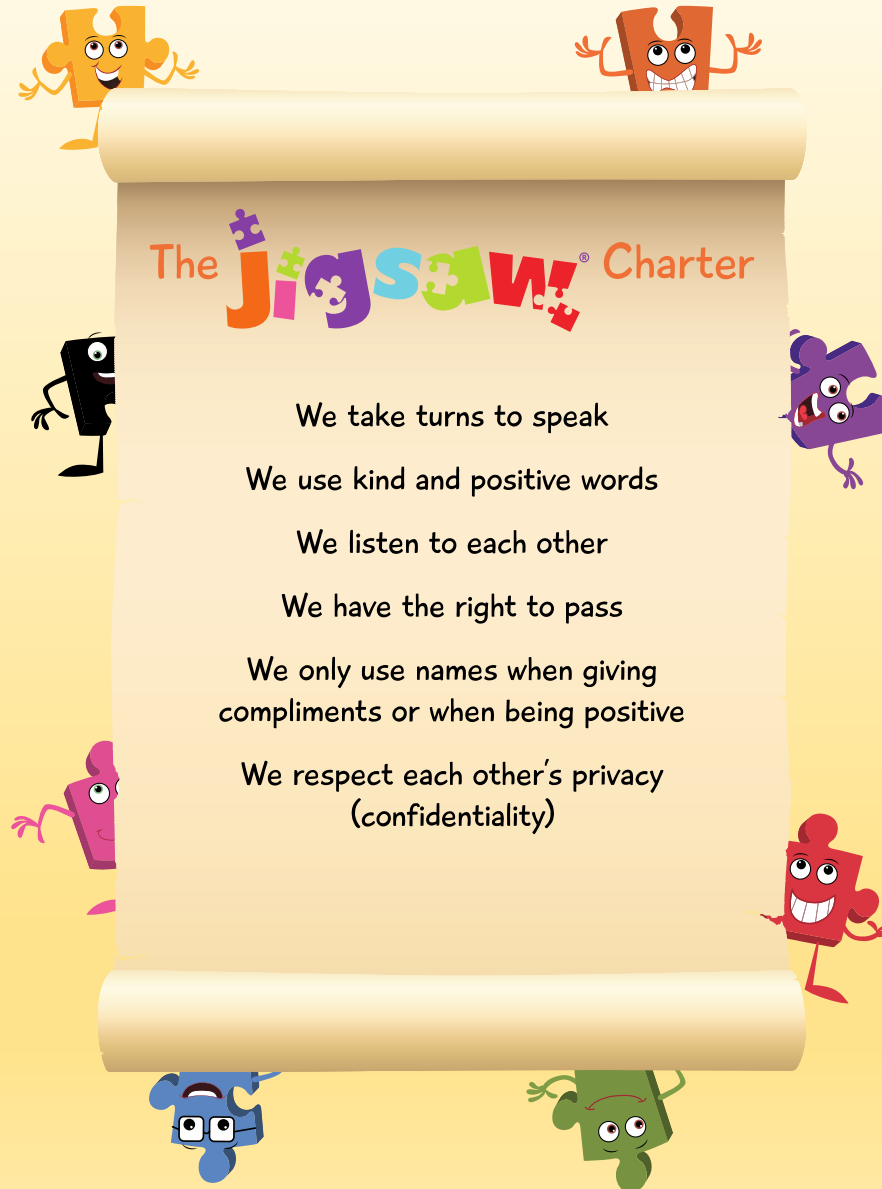
# Changing me

## Lesson 3 Aims:

Understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies.

Identify how boys' and girls' bodies change on the outside.

Recognise how I feel about these changes happening to me and know how to cope with those feelings.

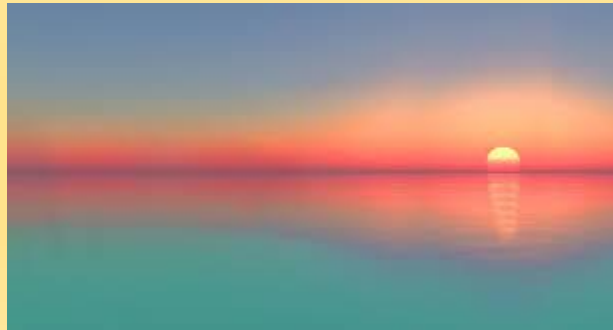




# Switch places game

Switch places if you...

# Calm Time





Sometimes changes can feel  
exciting and good.

Sometimes changes can feel  
difficult.



There will ALWAYS be changes in  
our lives.

Puberty - a collection of changes that will gradually happen to a child's body to turn it into an adult's body.

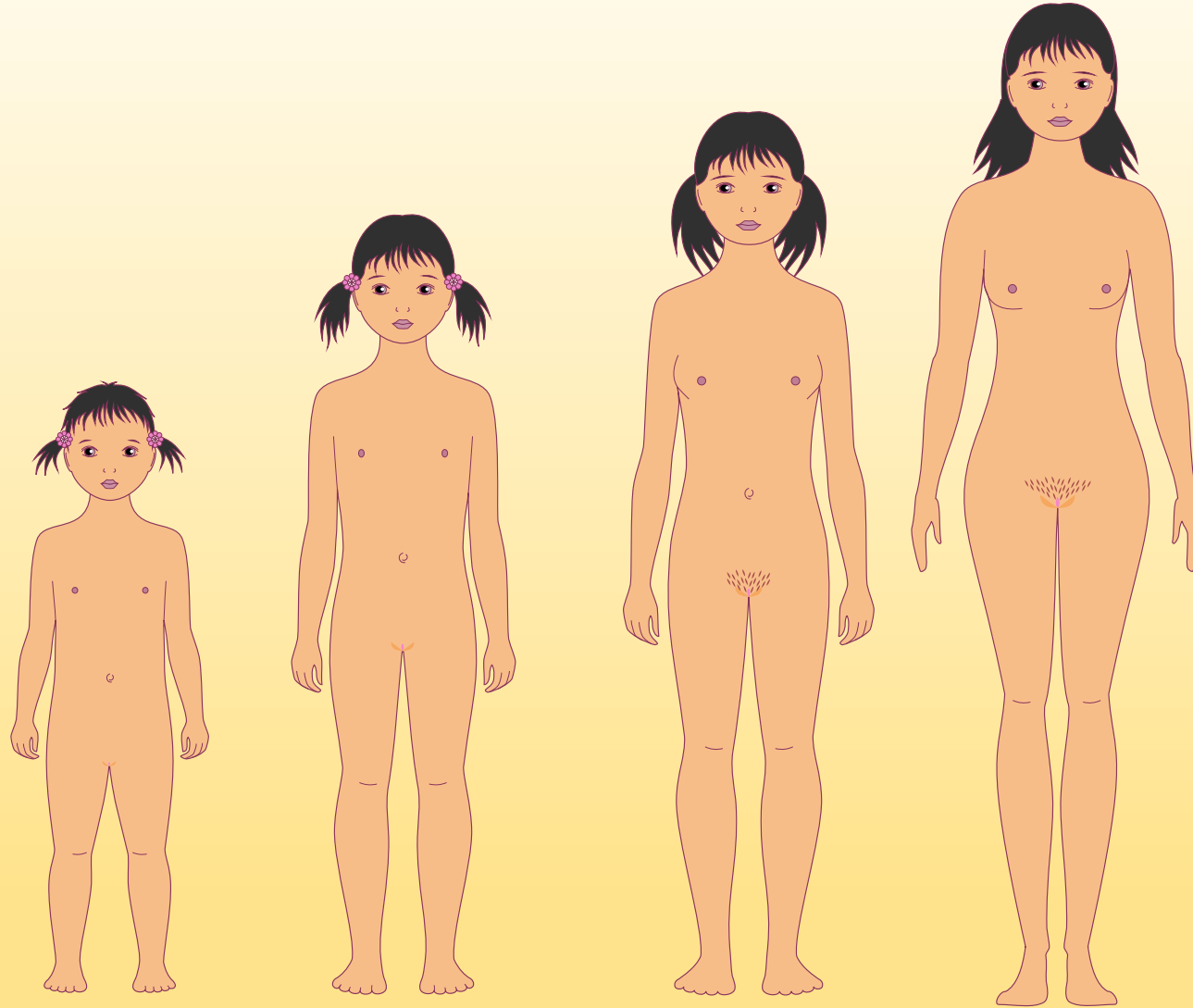
It is a natural part of growing up for everyone and every living thing changes.

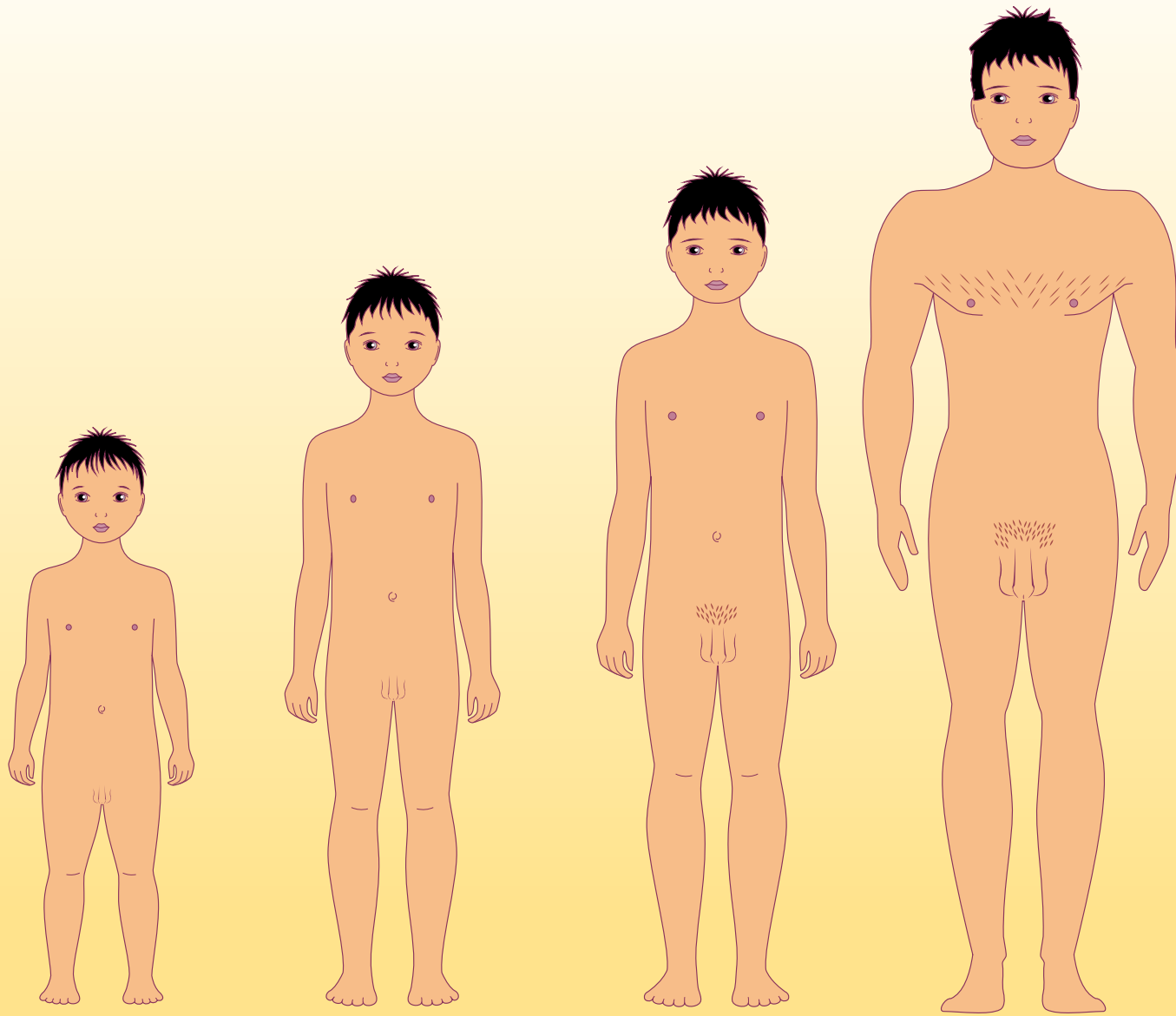
As a class, discuss which bodily changes you think will happen to boys and which will happen to girls.



I will grow taller	I will develop pubic hair between my legs
Hair will grow under my arms	Hair will grow on my legs
I will grow hair on my face	My hips will widen
My chest and shoulders will get broader	My voice will get deeper
My breasts will grow	My penis and testicles will grow larger
My feet will get bigger	My skin will get less smooth









# Vocabulary

- Change
- Puberty
- Control

# Task



- Sort which changes should go in the 'can control' and 'can't control' categories.
- Ask the children to write down one thing they are looking forward to about growing up, and one thing that they are worried about.

A diagram of a human body outline with the left side labeled 'Changes I can't control' and the right side labeled 'Changes I can control'. Below the outline is a table with 16 boxes for categorizing changes.

Growing public hair	Making new friends	Getting a deeper voice	Hips getting wider
Deciding when to go to bed	Growing facial hair	Choosing what to eat	Earning money
Choosing what clothes to buy	Growing taller	Growing underarm hair	Penis growing larger
Developing breasts	Starting new hobbies	Getting a boyfriend or girlfriend	



Is puberty a natural part of growing up yes,  
or no?

Date



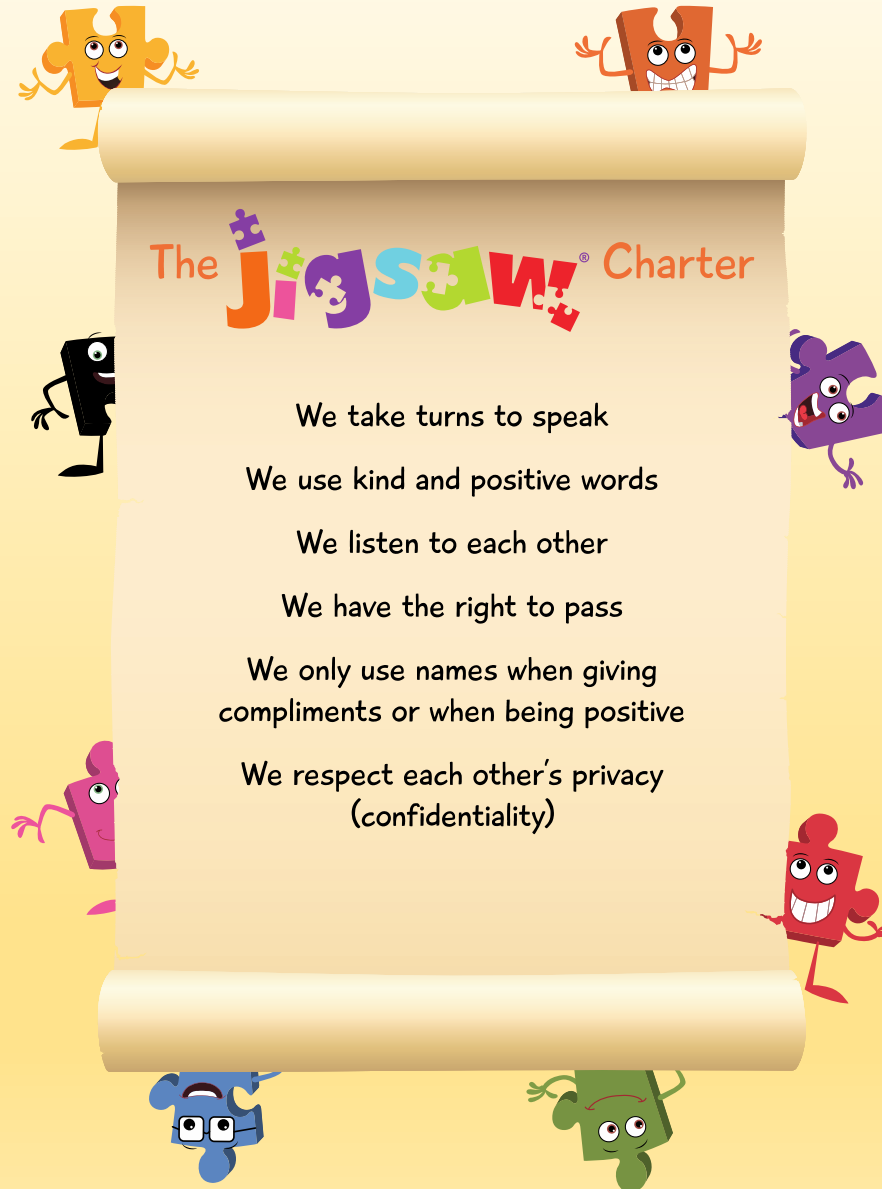
Inside body changes

# Changing me

## Lesson 4 Aims:

Identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up.

Recognise how I feel about these changes happening to me and how to cope with these feelings.

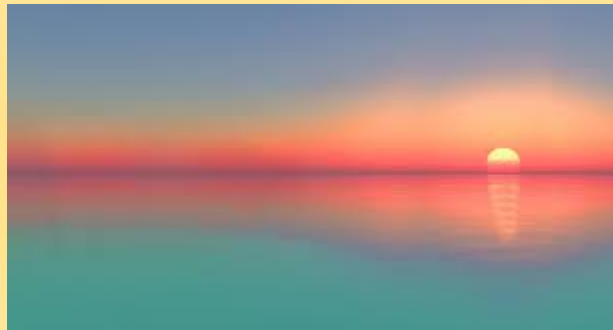




## Word Ping Pong

Say the first linked word  
that comes into your  
head.

# Calm Time



## Recap

What have we learnt  
about in lesson 1 and 2  
about babies?

# What is different about the hen's egg, the frogspawn and the human baby?



For some animals, the mother lays the egg and baby grows inside it, but for others the baby grows inside the mother until it is ready to be born, and that's the way it happens for humans.



Last lesson, we learnt  
about puberty.

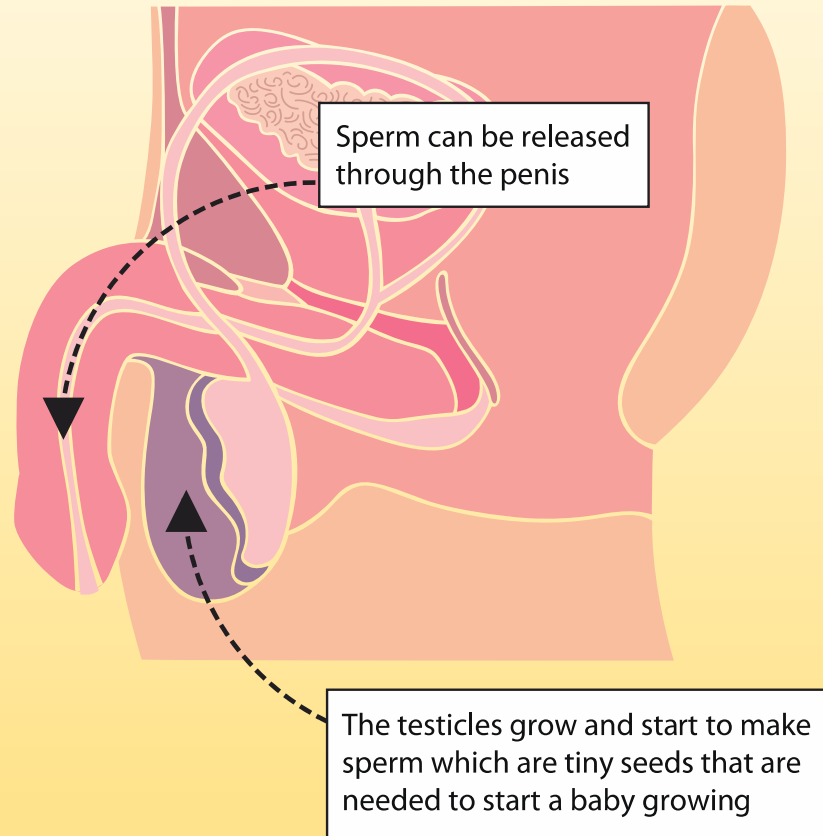
These are the changes  
that get our bodies  
ready for adult life.

Puberty is really about getting boys' and girls' bodies ready for making and having babies when they are grown up.

The amazing thing about babies is that although they are born from the mother, they need both a little bit of the mother and father to start them off.

Last week, we looked at how bodies change on the outside at puberty, but now they need to go on a journey to the inside to look at those changes too.

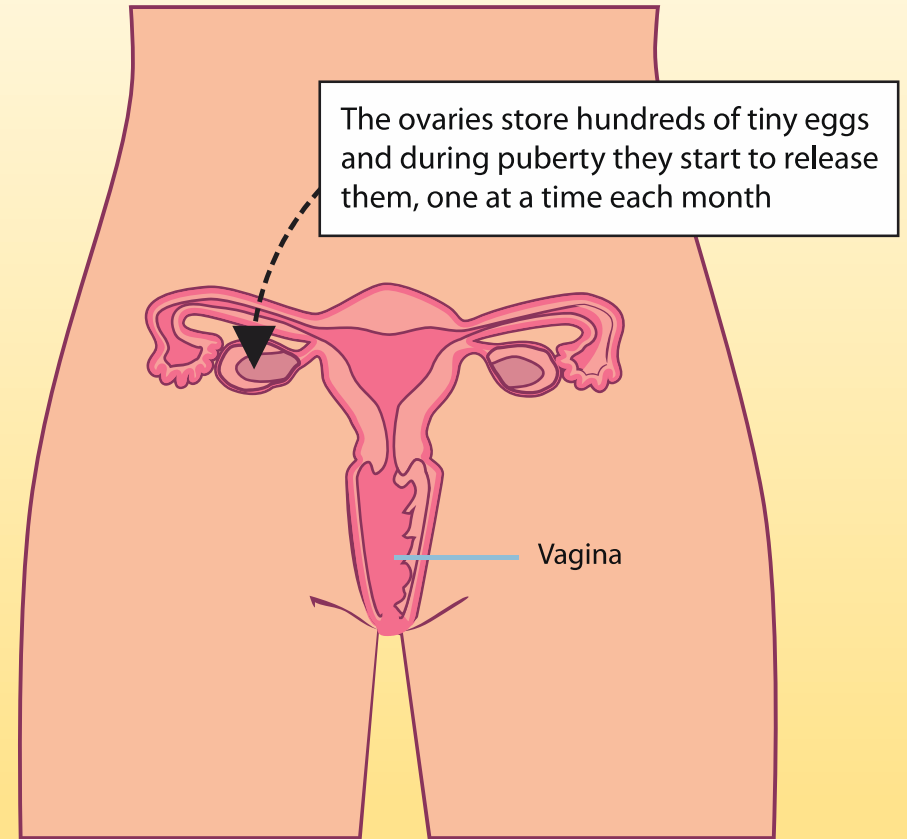




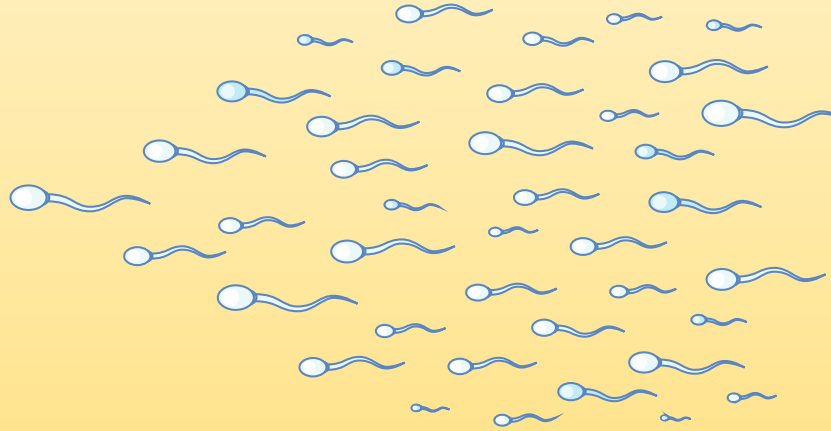
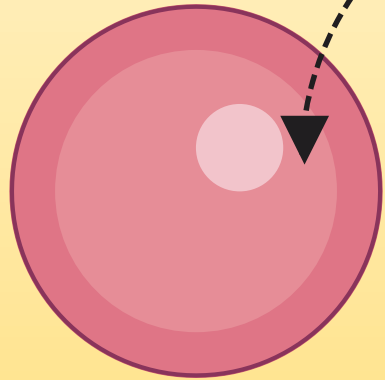
- The boy's testicles grow and start to make sperm which are tiny seeds that are needed to start a baby growing.
- Sperm can be released through the penis.



The girl's ovaries store hundreds of tiny eggs and during puberty they start to release them, one at a time each month. Girls are born with all these eggs inside their ovaries (called ova) waiting for puberty to start.



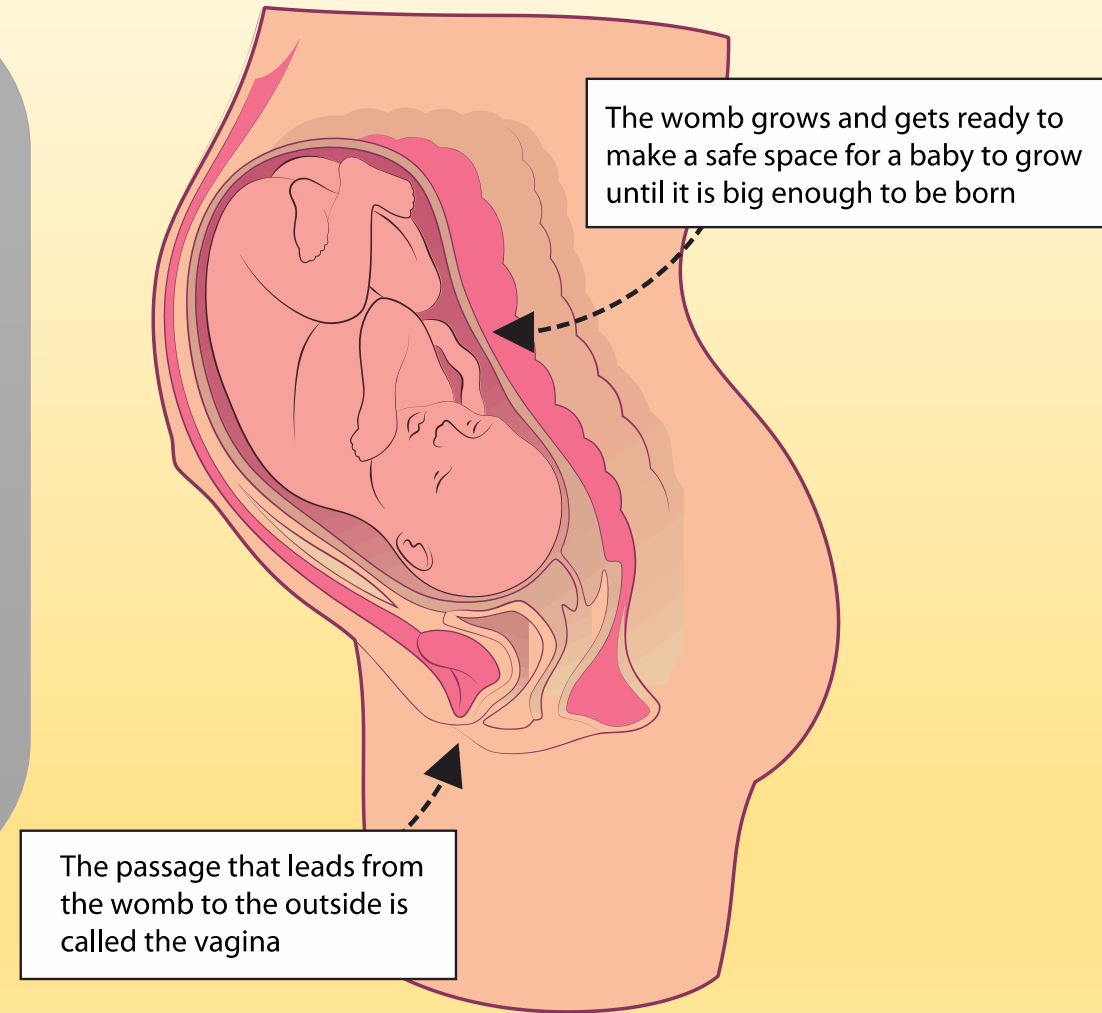
When one of these ova joins with a sperm it will start to grow into a baby



When one of these eggs (or ova) joins with a sperm it will start to grow into a baby.

The womb/uterus grows and gets ready to make a safe space for a baby to grow until it is big enough to be born.

- The passage that leads from the womb to the outside is called the vagina. If an ovum isn't fertilised it passes out of the body as a 'period'.





# Vocabulary

- Puberty
- Male
- Female
- Testicles
- Sperm
- Penis
- Ovaries
- Egg
- Ovum/ Ova
- Womb/ Uterus
- Vagina

# Task



Fill in the gaps for each of the sentences using the vocabulary bank below.

Date



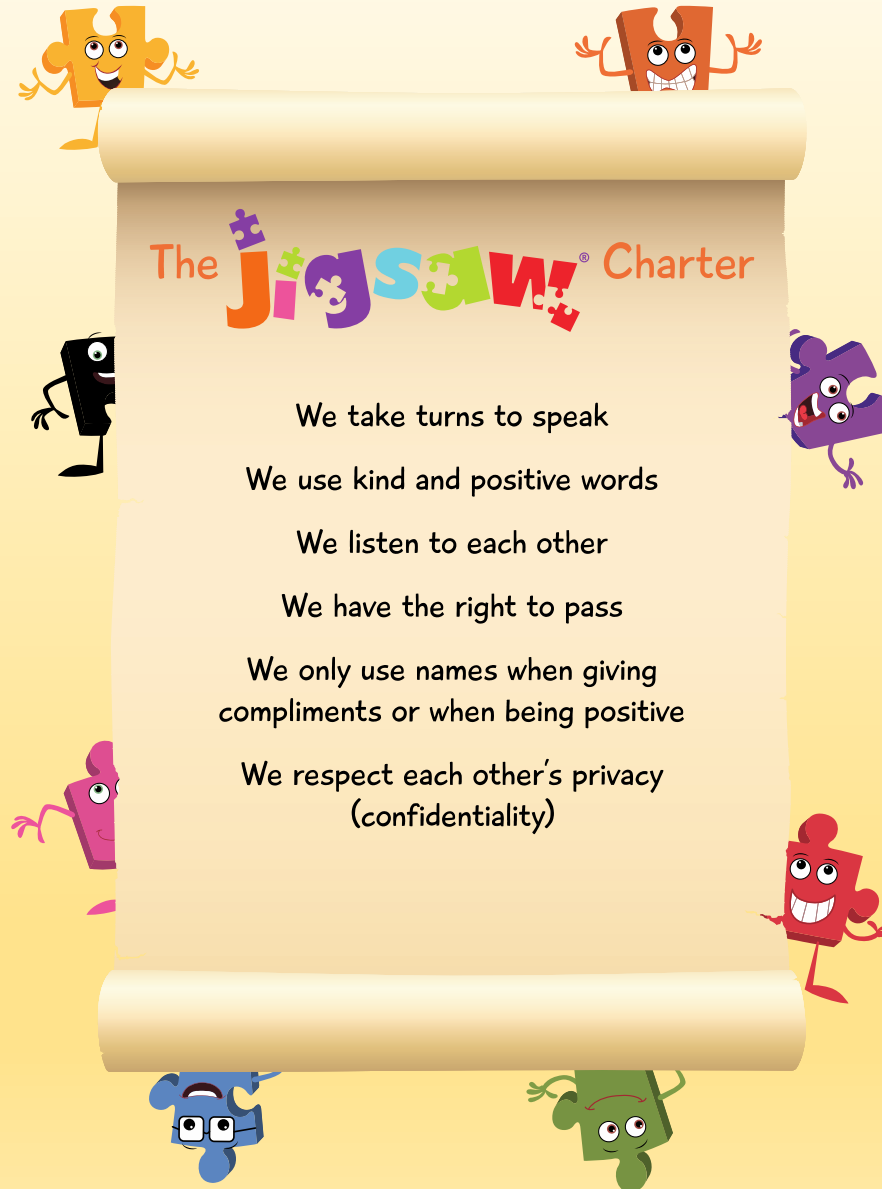
Family Stereotypes

# Changing me

## Lesson 5 Aims:

Start to recognise stereotypical ideas I might have about parenting and family roles.

Express how I feel when my ideas are challenges and be willing to change me ideas sometimes.



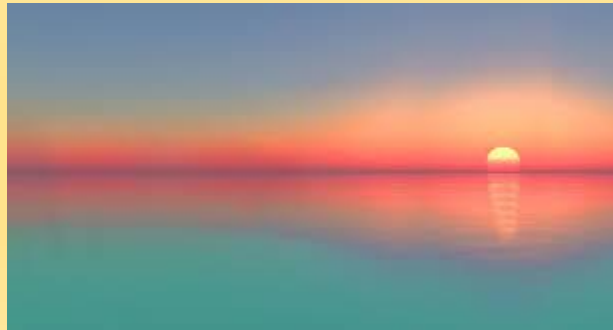




Simon Says

Play Simon says...

# Calm Time



What does *stereotype* mean?

A stereotype is a widely held, fixed and simplified idea of a particular thing or person.

# Stereotypical male roles

Washing the car

Putting the bins out

# Stereotypical female roles

Changing a baby's nappy

Picking and arranging flowers

Why/How might roles be taken on in different families?



## TV advert

How does this TV advert  
beat gender stereotypes?

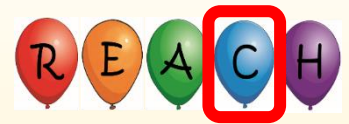
[https://www.youtube.com/watch?v=kV  
pLFfLAPZE](https://www.youtube.com/watch?v=kVpLFfLAPZE)



# Vocabulary

- Stereotypes
- Task
- Roles
- Challenge





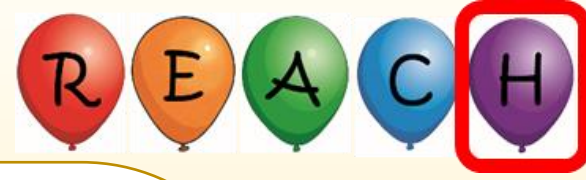
# Task

In groups of the same gender, ask the children to design a duvet cover on a large piece of paper. The girls need to design a duvet cover for boys, and the boys design a duvet cover for the girls.

Explain they just have 10 minutes for this task so need to work speedily and their ideas can be draft.

When the designs are complete, display all the designs.





Are any of the designs stereotypical?

Would any of the designs appeal to just boys/girls or could they appeal to a different gender?

Date

Looking ahead

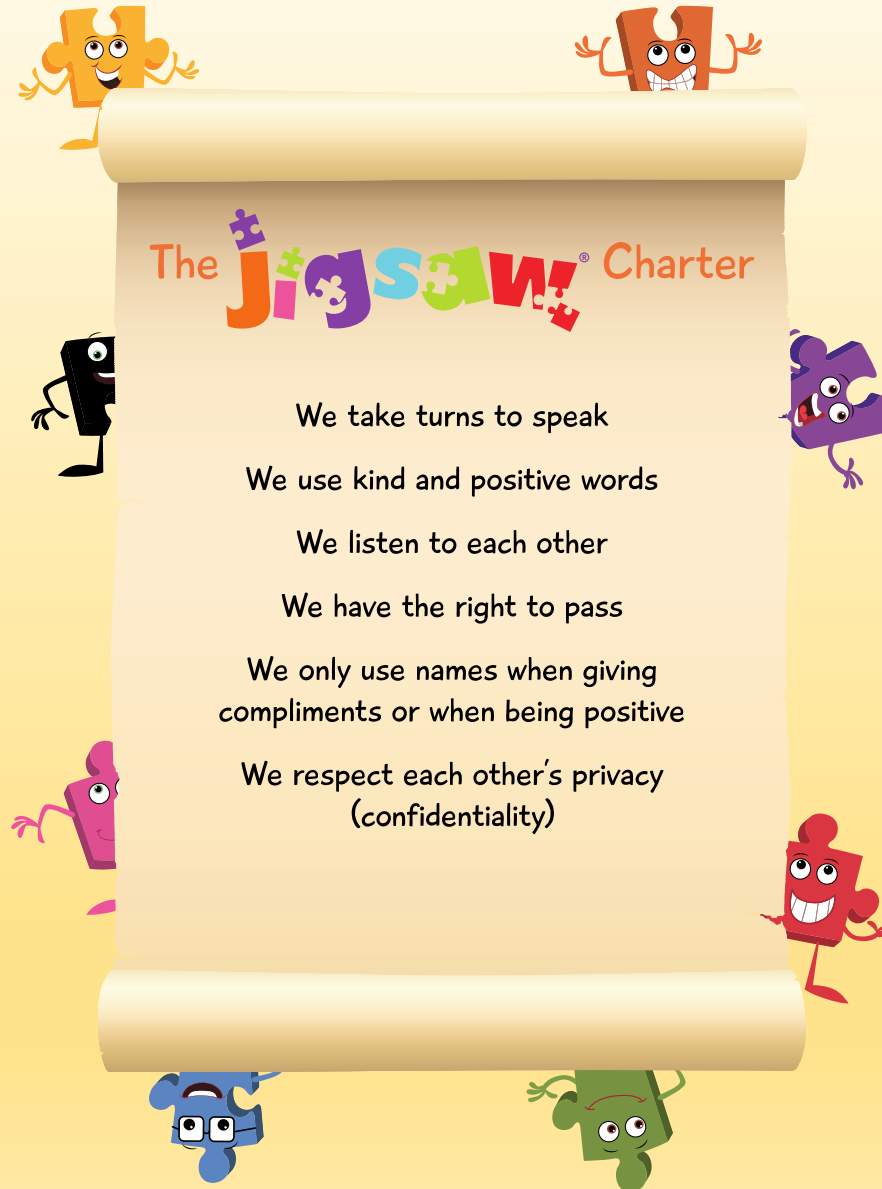


# Changing me

## Lesson 6 Aims:

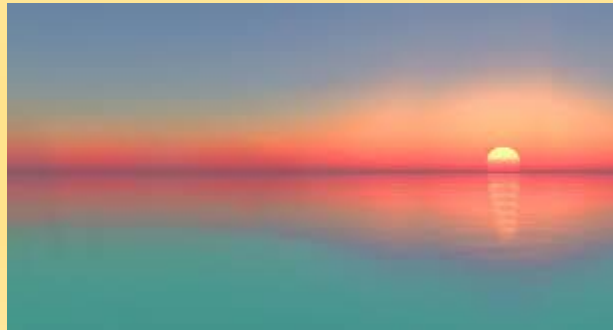
Identify what I am looking forward to when I move to my next class.

Start to think about changes I will make next year and know how to go about this.



Play 'splat' game

# Calm Time



What might you be looking forward to next year in school?

“One thing I am looking forward to is...”



# Vocabulary

- Change
- Looking forward
- Excited
- Nervous
- Anxious
- Happy
-



● Something you are looking forward to about growing up

● Something that worries you about growing up and what you can do about it

● How you feel about growing up

● Something you have learned about your body and growing up

● A change you would like to make for yourself next year

● Something you are looking forward to in school next year

## Task

The ribbon mobile is made from a wooden baton with different lengths of coloured paper stuck onto it. The children will need to write on each strip of paper according to the instructions below. The 6 ribbons each show something different

1. Something the children are looking forward to next year  
e.g. a trip, a topic, a teacher, etc.
2. A change they would like to make for themselves e.g.  
getting better at reading.
3. Something they have learned about their bodies and  
growing up.
4. How they feel about growing up.
5. Something that worries them about growing up and how  
they can manage these feelings.
6. Something that they are looking forward to about  
growing up.