

Lesson 1



CHANGING ME

— VERA MICHAELS —



change

grow

life cycle

control

baby

adult

fully grown

Find your
pair.

Look at your
card, can you
find your
partner?



A New Day (Changing Me)

VERSE:

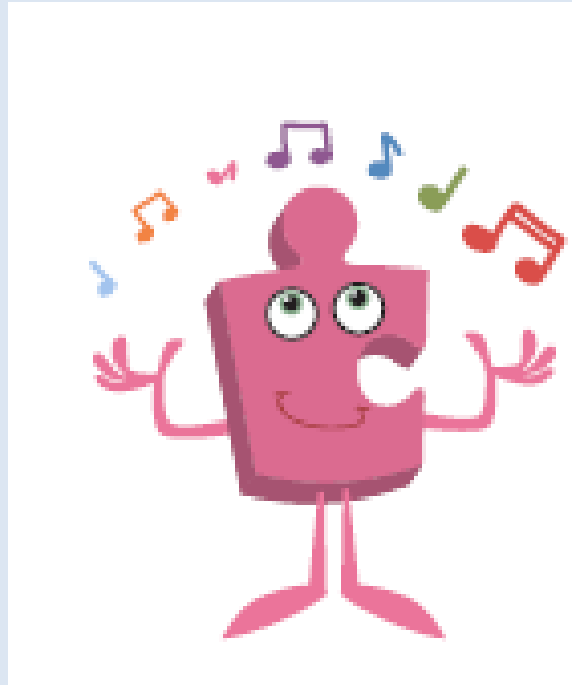
Look around and tell me what you see,
Changing faces, that's all right with me.
It's a part of growing up, let's embrace and feel free.

CHORUS:

It's a new day,
And I'm feeling great!
New choices,
New chances.
It's a new day,
And I just can't wait,
Just can't wait...
Today's gunna' be great!
Today's gunna' be great!
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VERSE:

Let's all agree that it's good to change,
Personalities will change with age.
We're becoming the people we're going to be.



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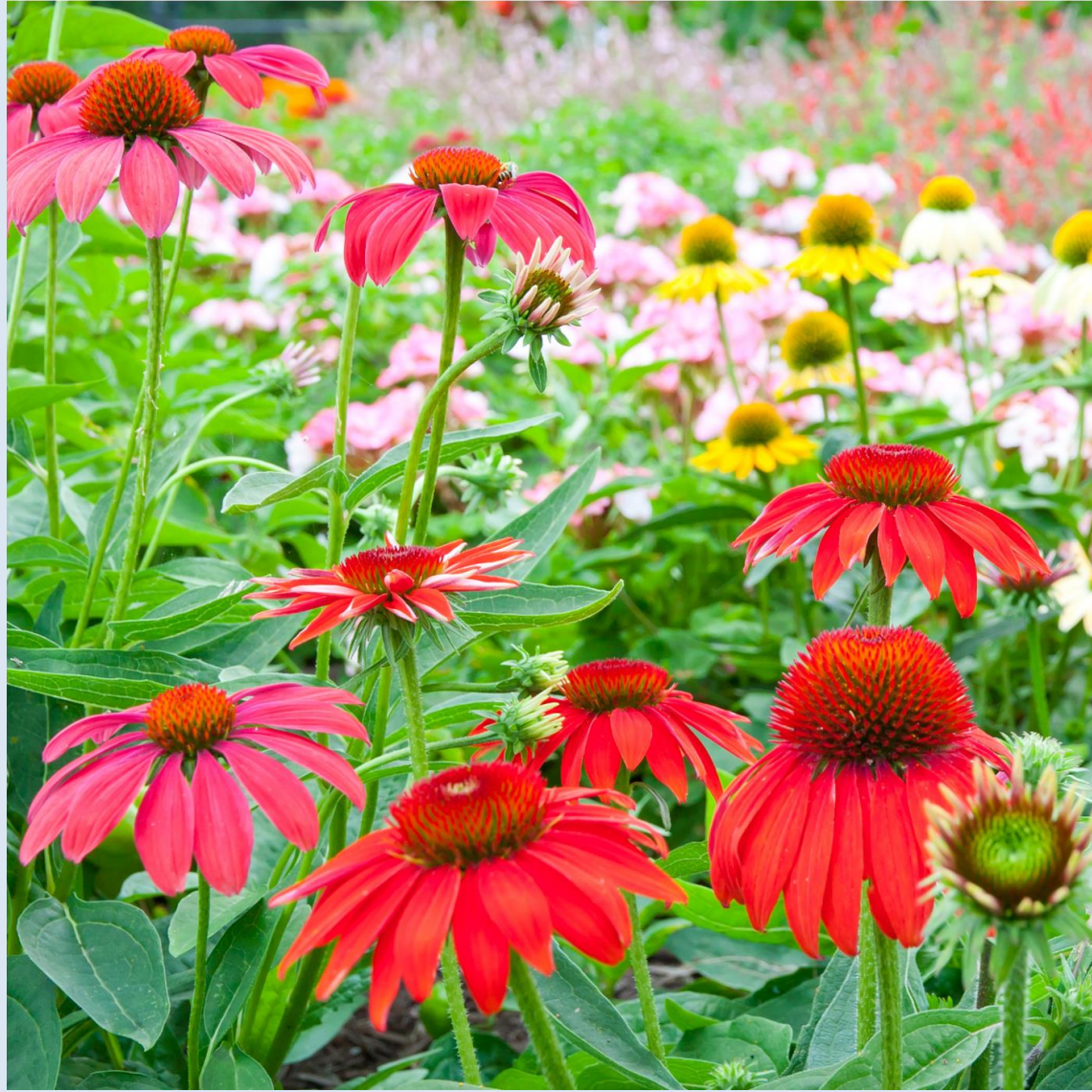
Calm me.











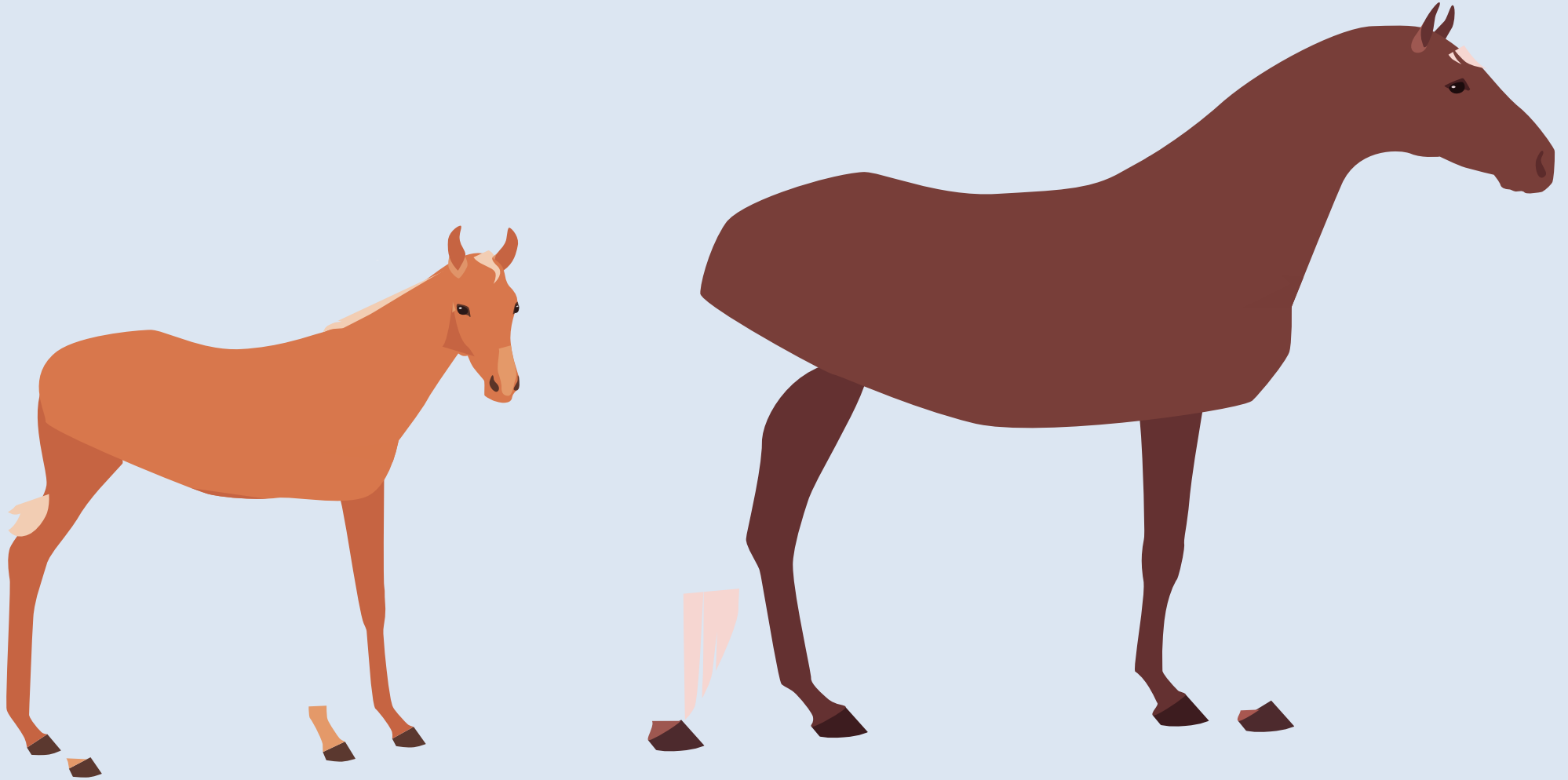


Do we have any control over the changing seasons?

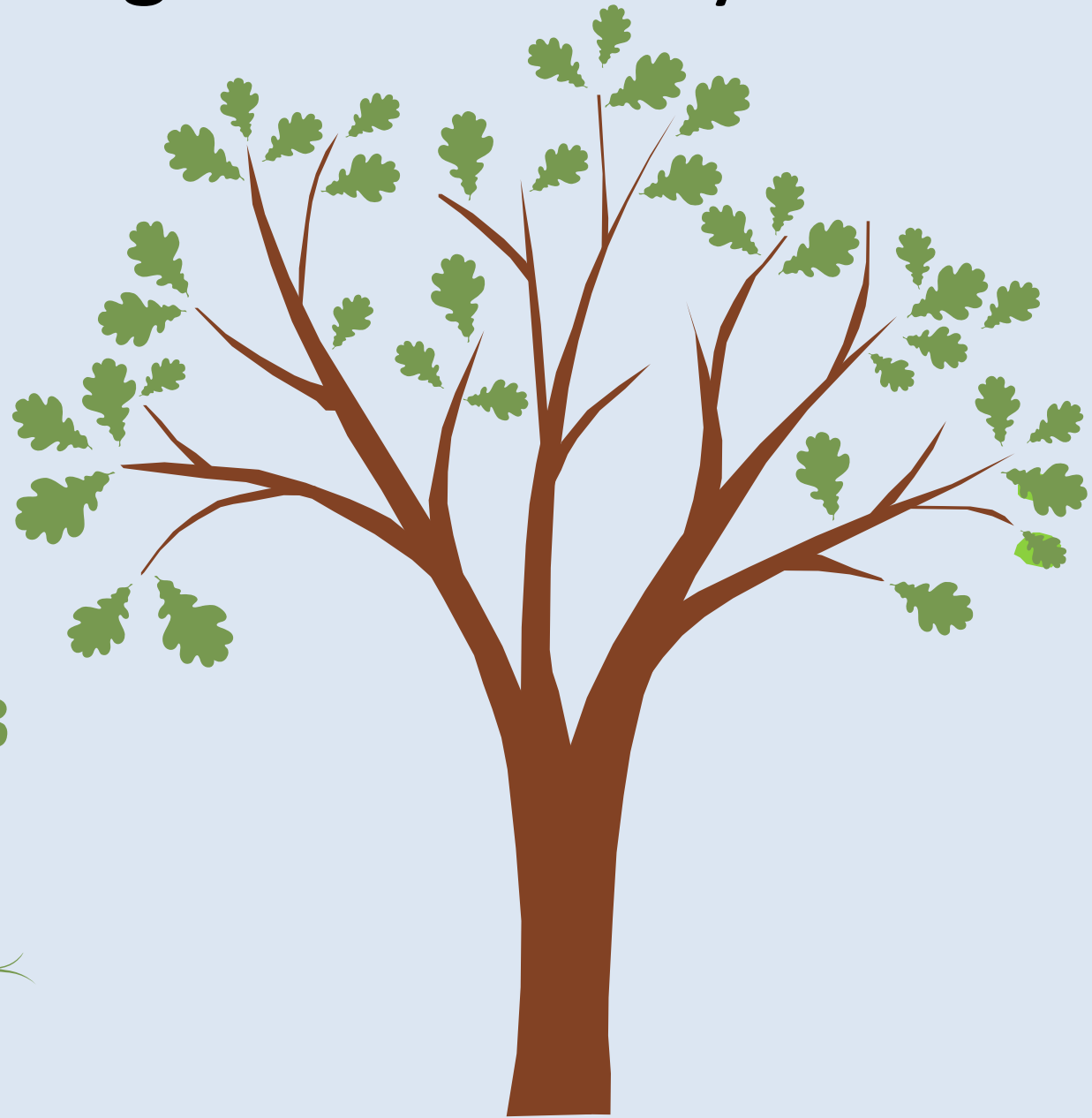
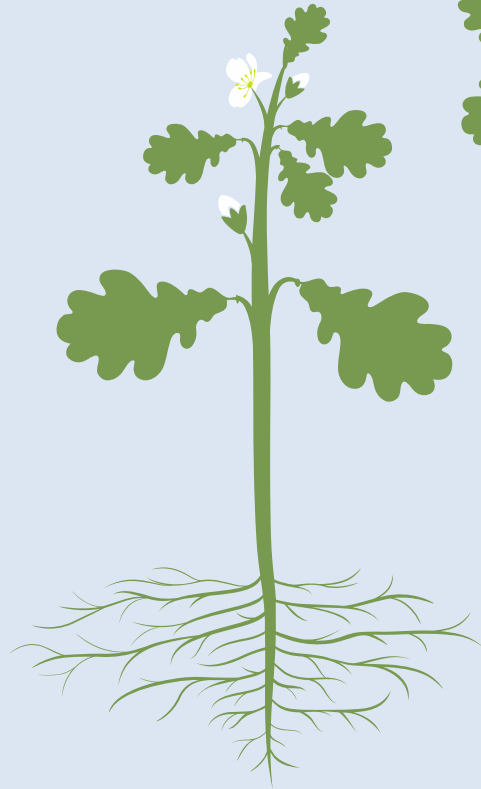
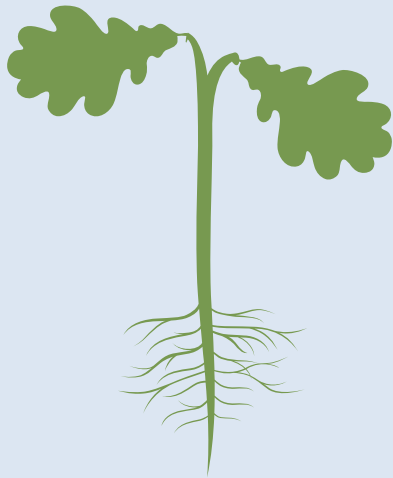
The seasons change, our bodies change, we can't control it.

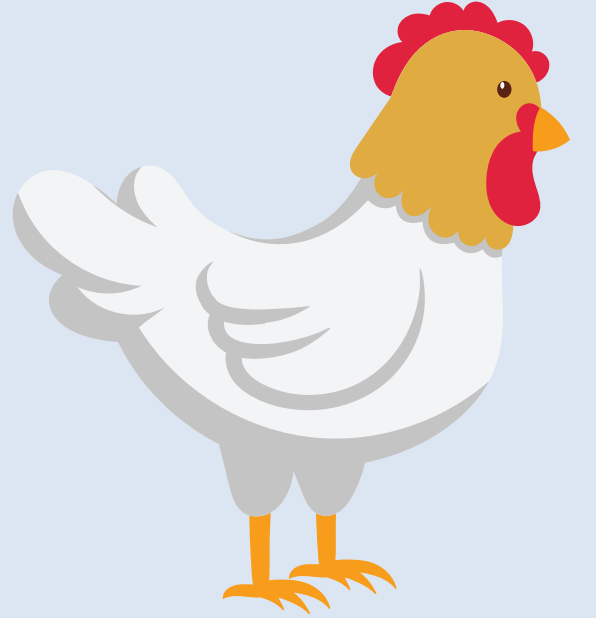
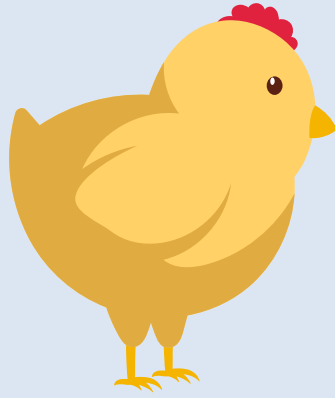
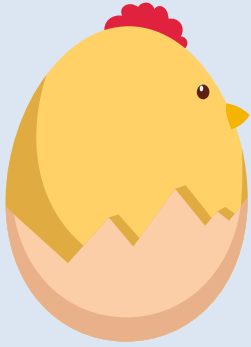
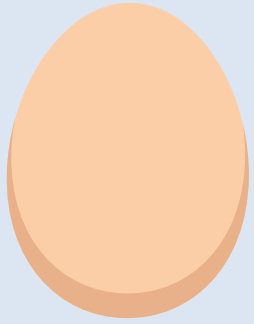
How do you feel about changes you can't control?

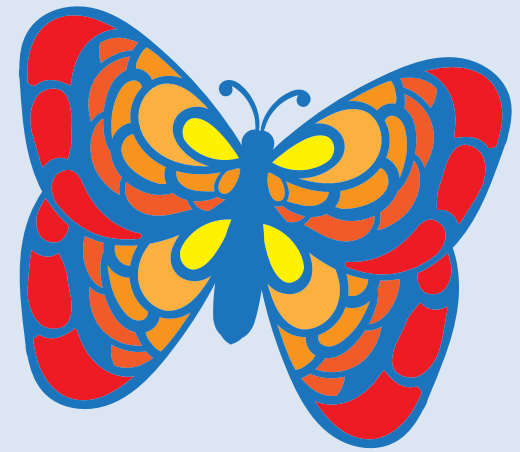
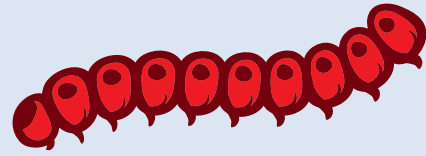
Life Cycles



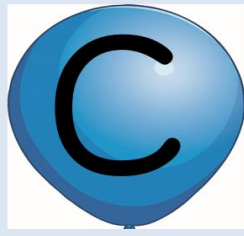
A life cycle is how things change from a baby to an adult.





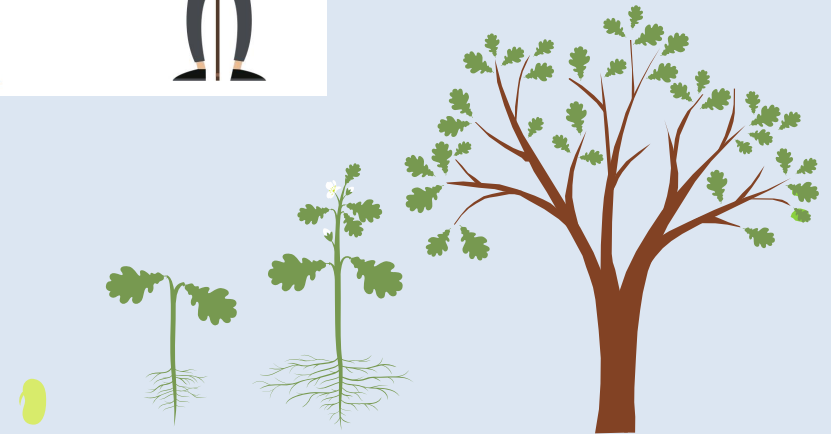
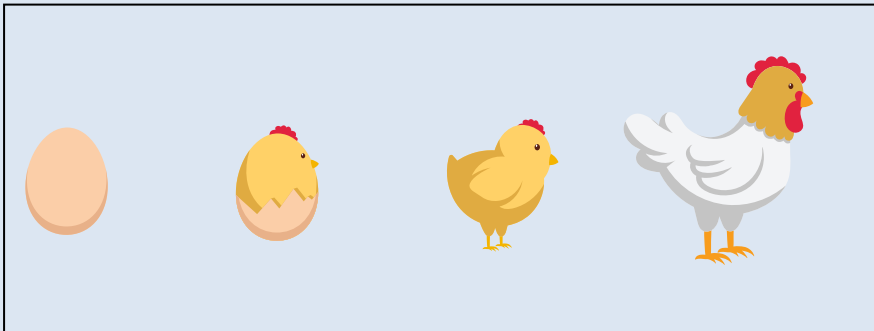
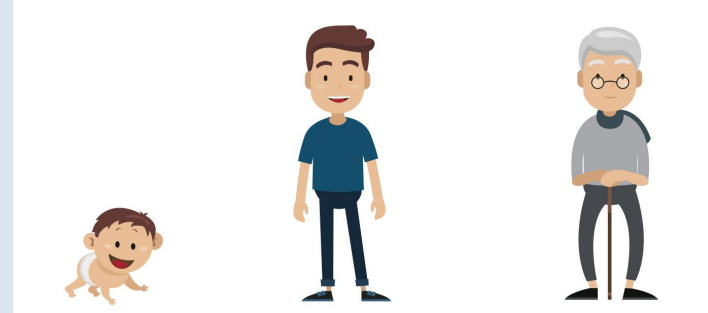
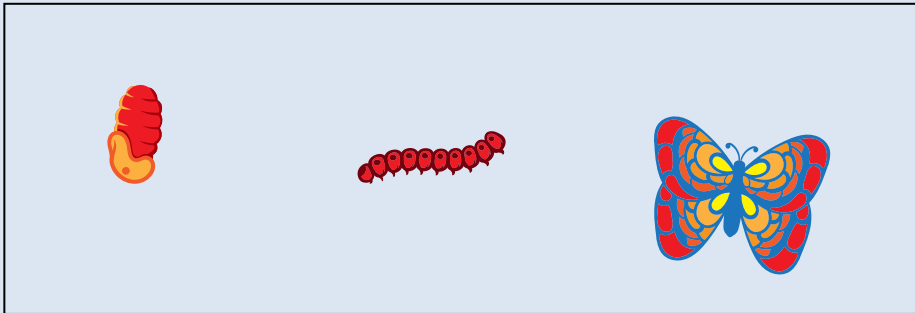






Choose one of the life cycles.

- Can you draw pictures to show your life cycle?
- Can you label your pictures?
- Can you write a sentence to describe the life cycle?



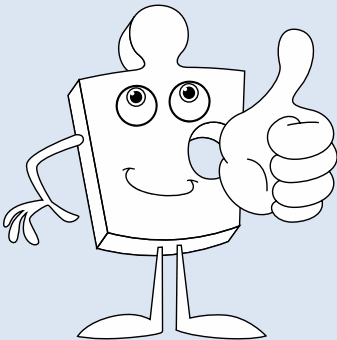
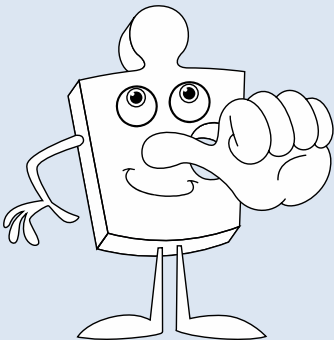
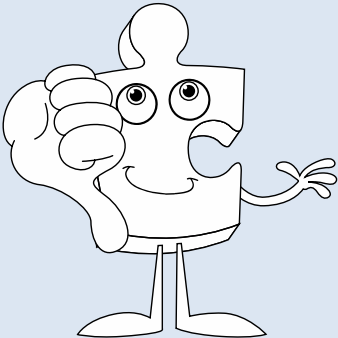
My Jigsaw Learning

Changing Me Piece 1

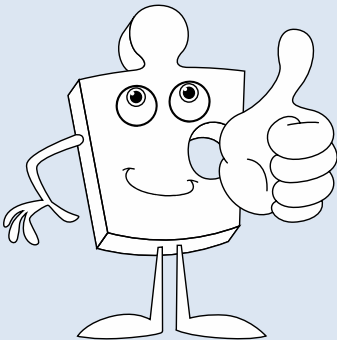
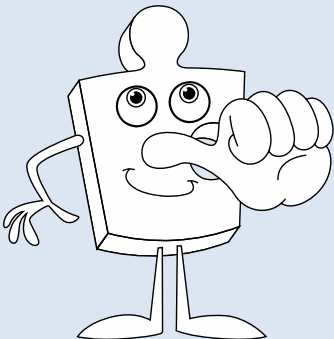
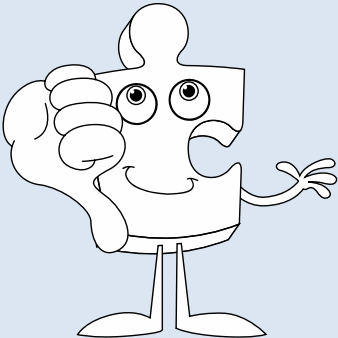
Ages 6-7

Name

I can recognise cycles of life
in nature



I understand there are some
changes that are outside my
control and can recognise how
I feel about this

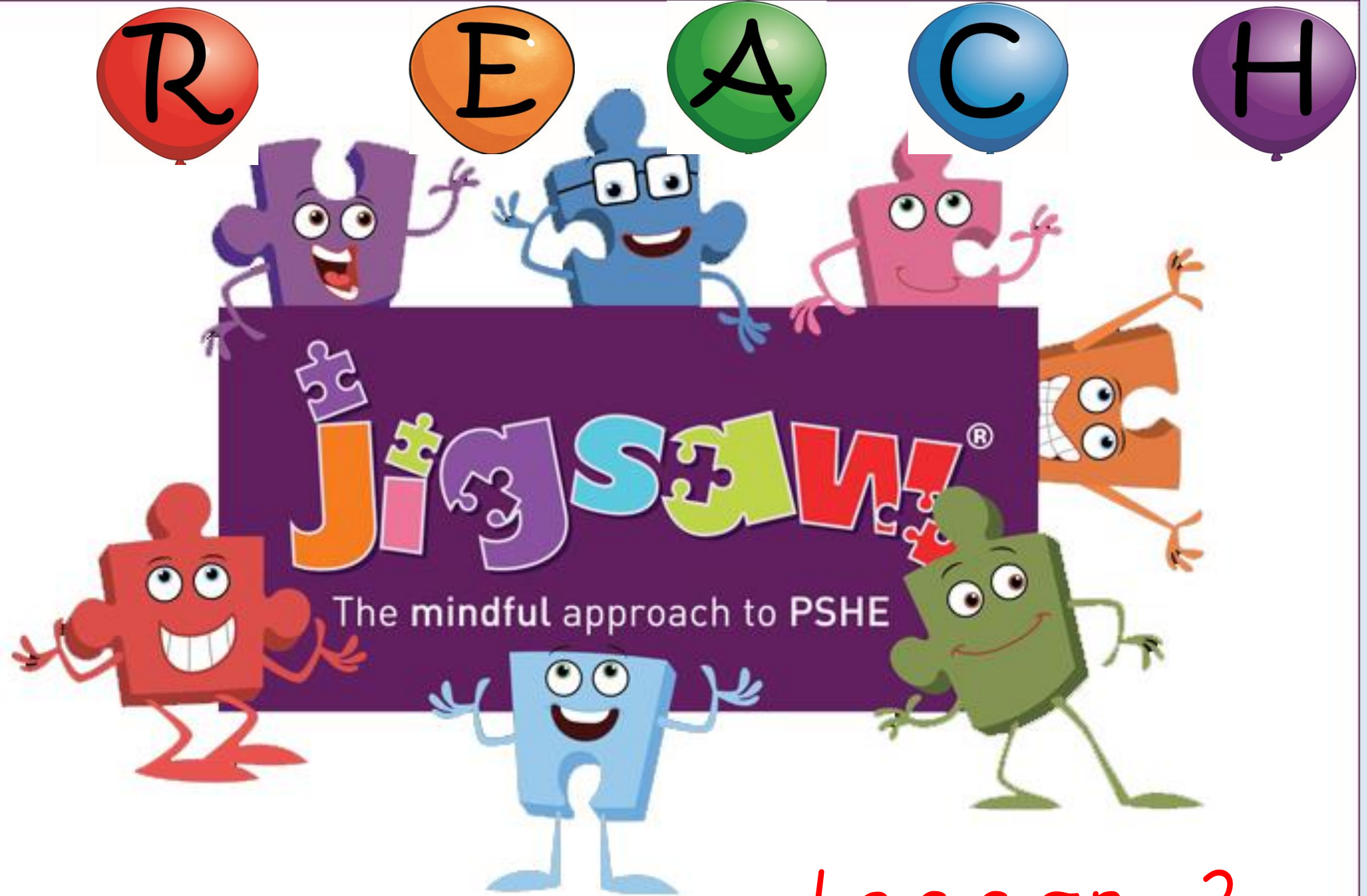


TINT BOX - To improve next time I

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Lesson 2



CHANGING ME

— VERA MICHAELS —



growing up

old

young

change

respect

appearance

physical

Change

Lets play the game – Change!

A New Day (Changing Me)

VERSE:

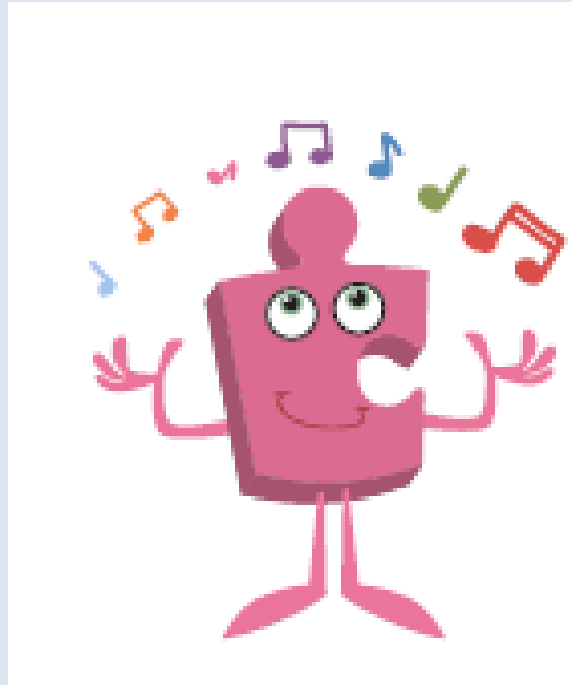
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Calm me.



Baby



Toddler



Teenager



Adult



Elderly

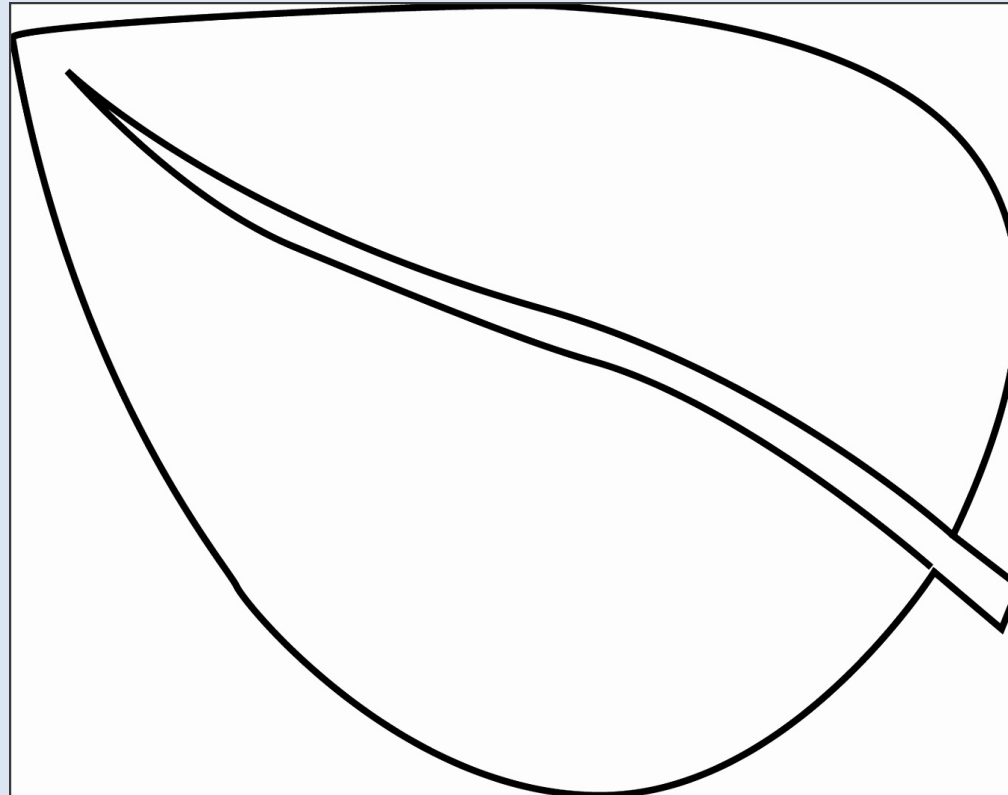




Who is special to you and why?



- On your leaf, write 2 things that you respect, like or love about this person.





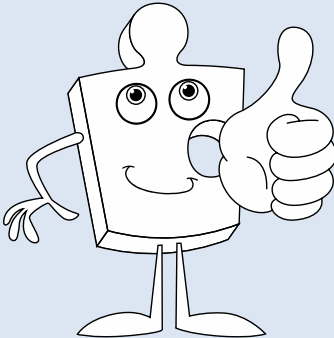
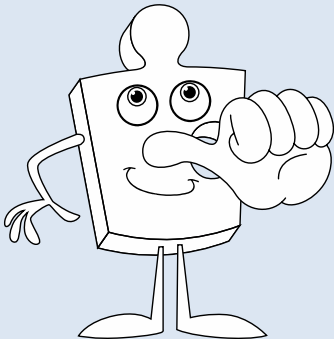
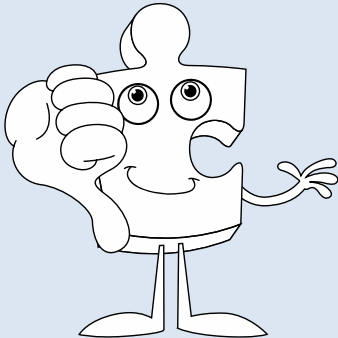
My Jigsaw Learning

Changing Me Piece 2

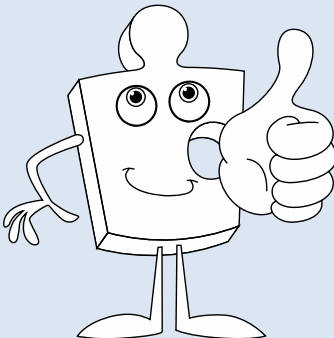
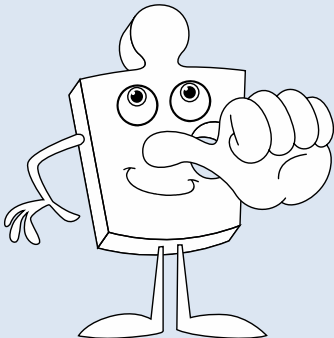
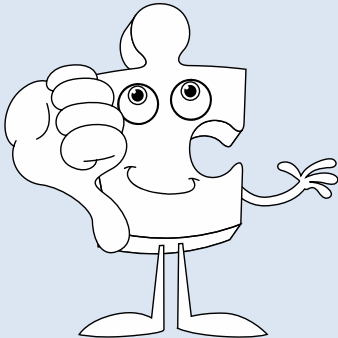
Ages 6-7

Name

I can tell you about the natural process of growing from young to old and understand that this is not in my control



I can identify people I respect who are older than me

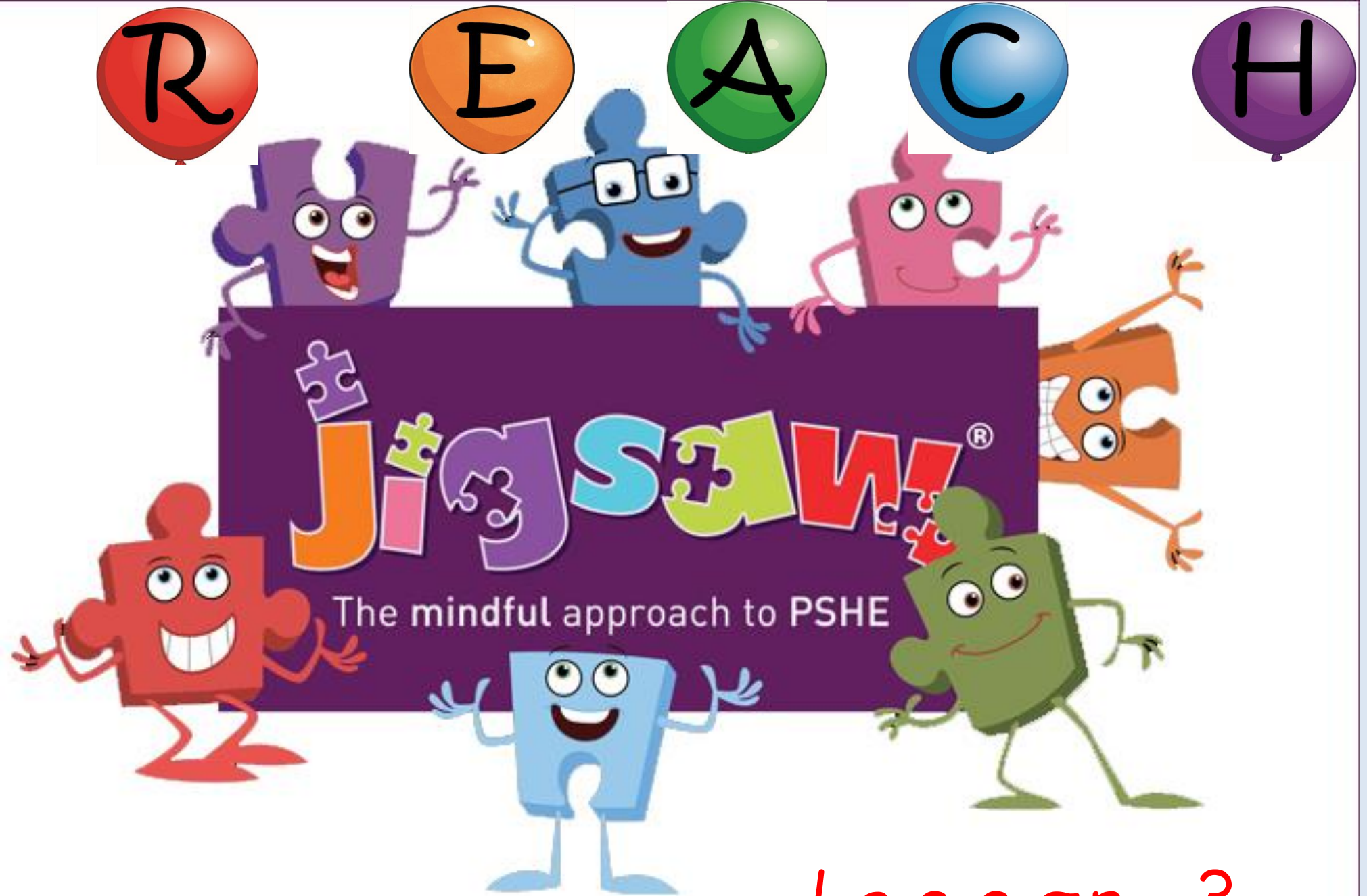


TINT BOX - To improve next time I

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Lesson 3



CHANGING ME

— VERA MICHAELS —



baby

toddler

teenager

child

adult

independent

timeline

freedom

responsibilities

Look at each key word and discuss with your partner what you think it would be like at each stage.

- baby
- toddler
- child
- teenager
- adult

Calm me.



A New Day

(Changing Me)

VERSE:

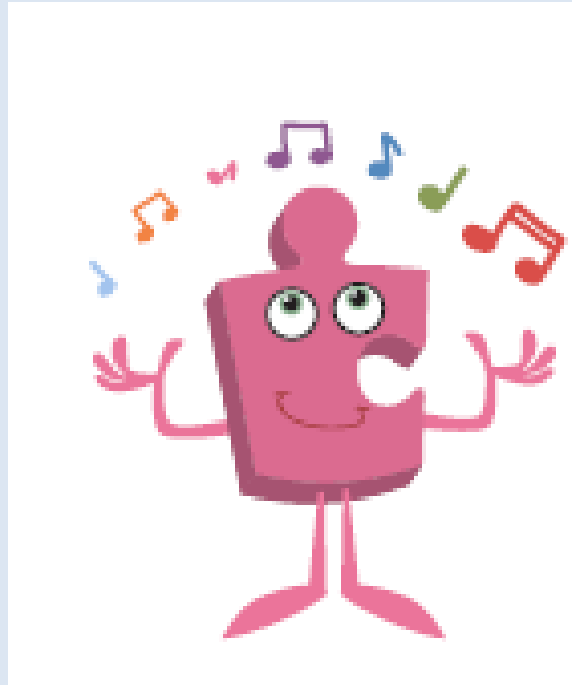
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Today's gunna' be great!



Guess at which stage of life
you would use each item.



Visa Classic



Visa
payWave



4000 1234 5678 9010

4000

GOOD
THRU 12/20

CARDHOLDER NAME

VISA







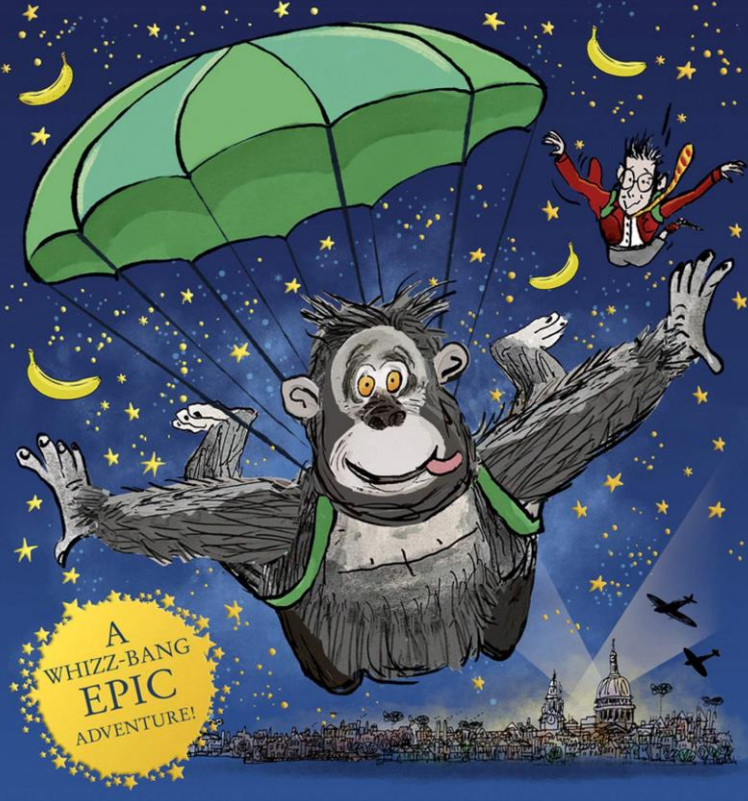


From MULTI-MILLION bestselling author

David Walliams

CODE NAME

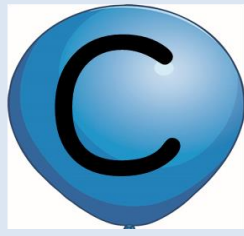
BANANAS



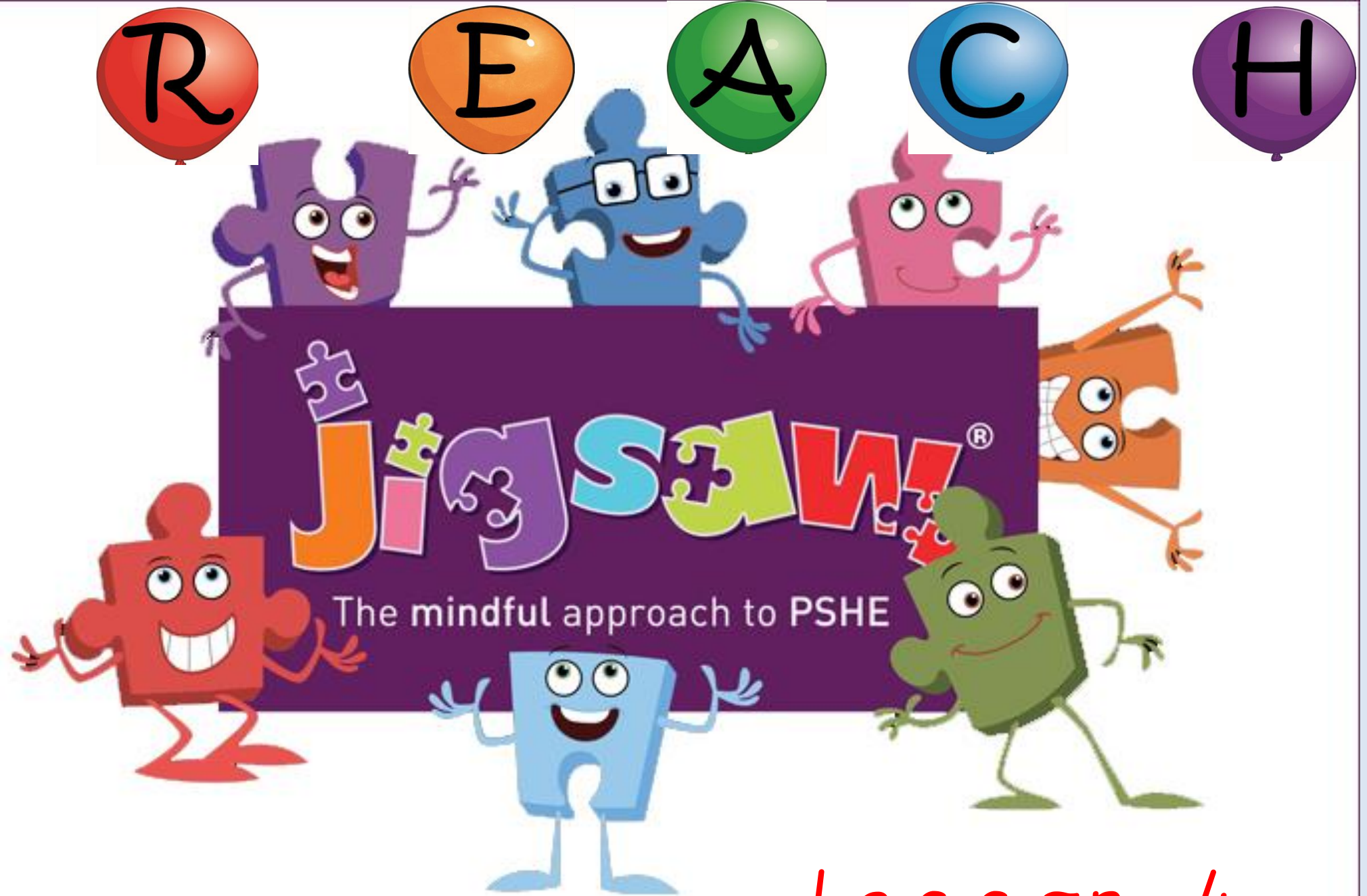




Draw each stage of a human's life cycle.



Baby	Toddler	Child	Teenager	Adult



Lesson 4



CHANGING ME

— VERA MICHAELS —



Male

Female

Vagina

Penis

Testicles

Vulva

Anus

Public

Private

A New Day (Changing Me)

VERSE:

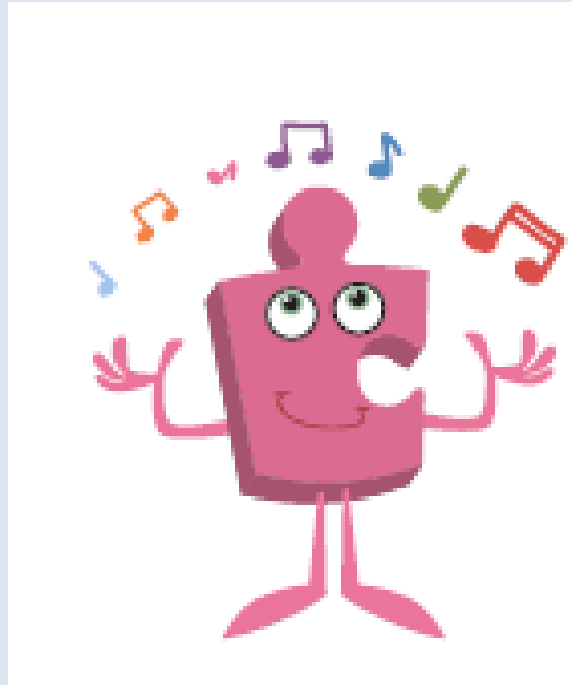
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Body Parts Game!

- Simon Says point to your...
- For this game we will be using public body parts.

Calm me.

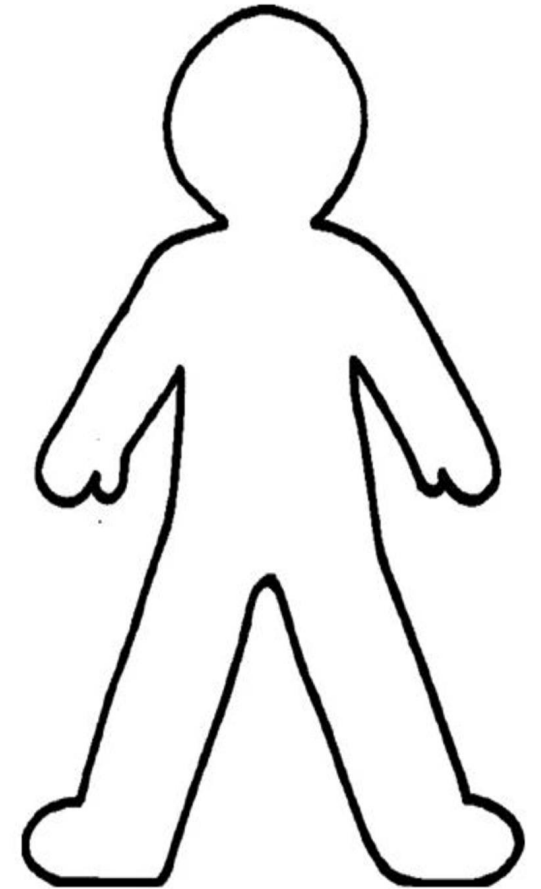
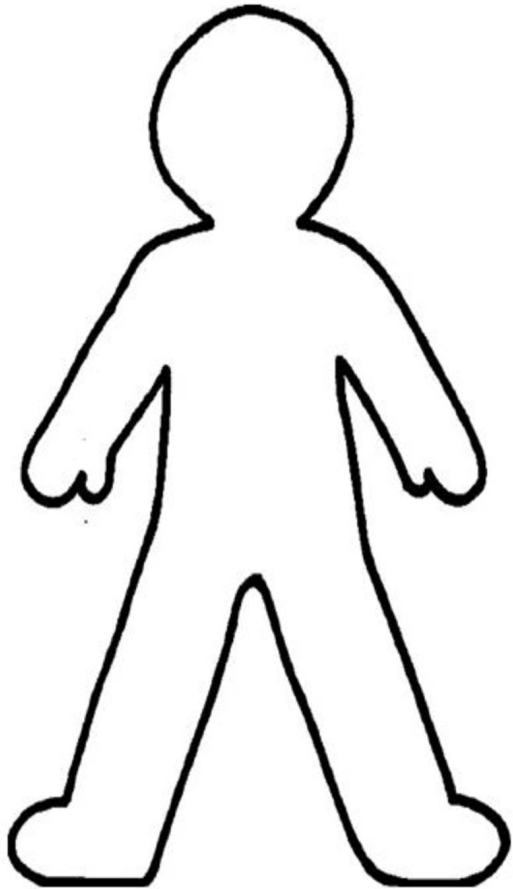


Group focus!

- 2 boys and 2 girls in each group.
- Talk about what is the same and what is different about boys and girls. What do girls do? What do boys do?

Are these boys or
girls?

Can we tell?





Tummy



Feet



Belly Button



Nose



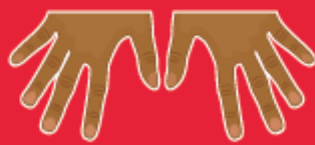
Penis



Head



Mouth



Fingers



Knees



Arm



Ear



Eyes



Vulva



Nipples



Testicles



Bottom



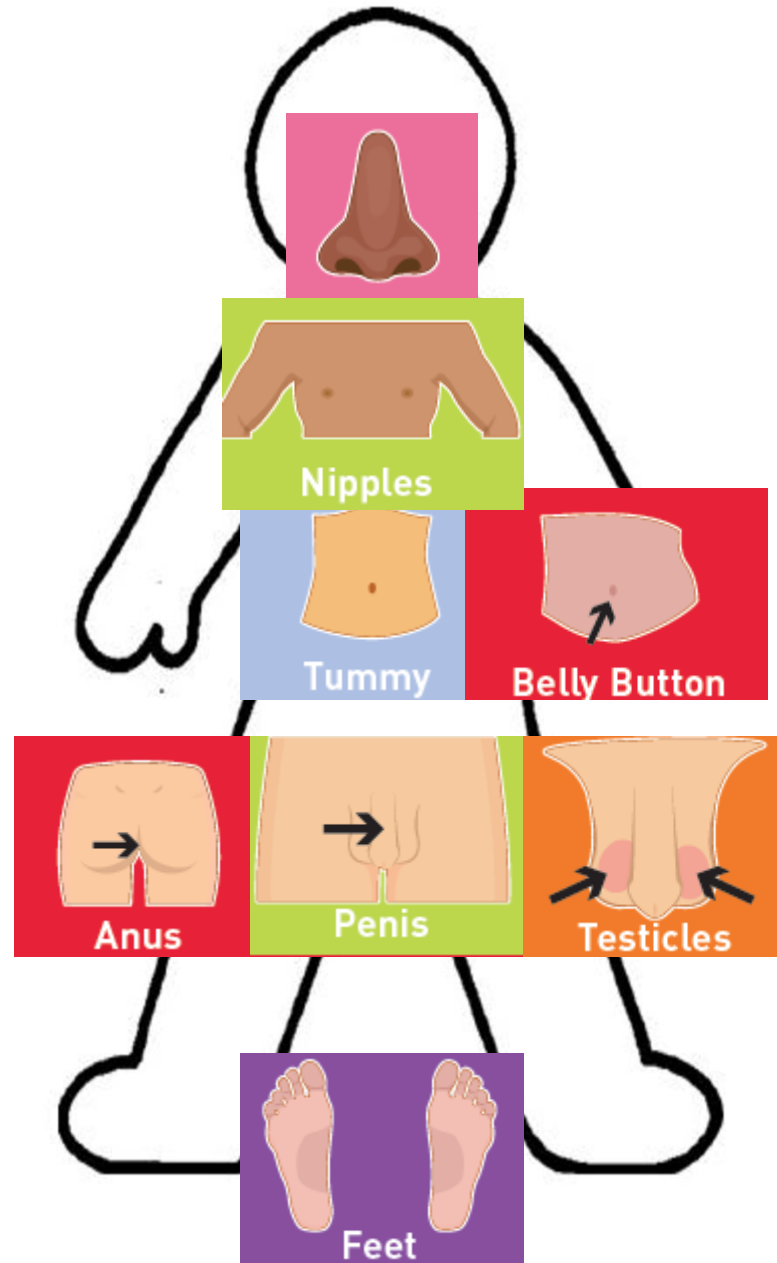
Anus



Breasts

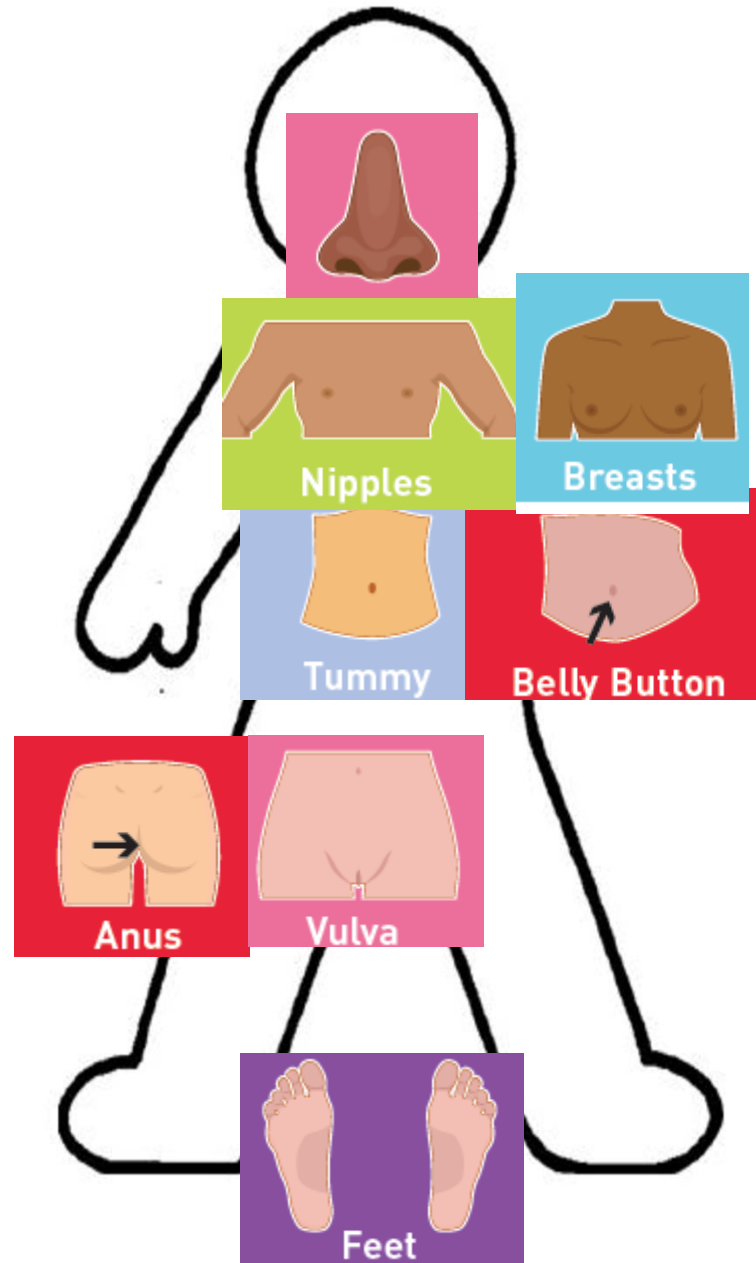
Are these boys
or girls?

Can we tell now?



Are these boys
or girls?

Can we tell now?





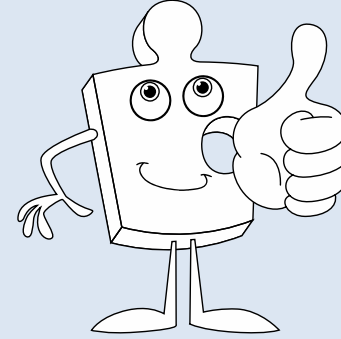
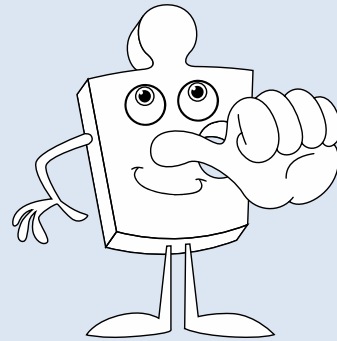
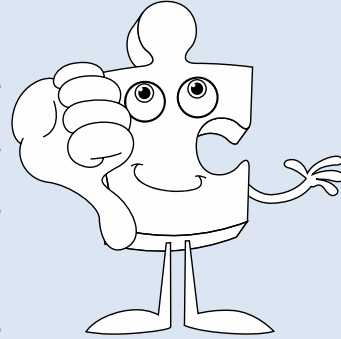
My Jigsaw Learning

Changing Me Piece 4

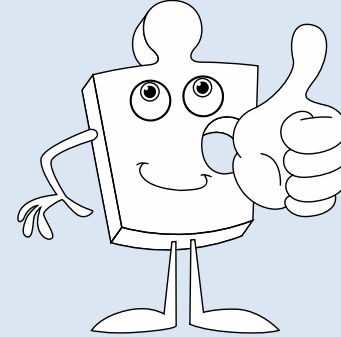
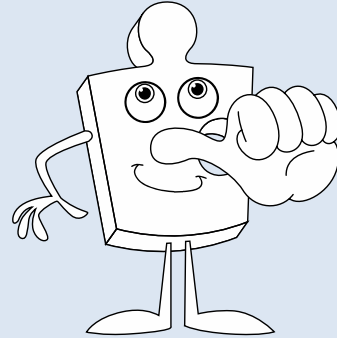
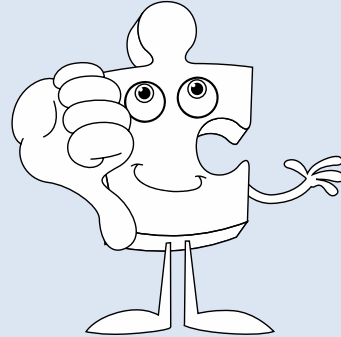
Ages 6-7

Name

I can recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina, vulva, anus) and appreciate that some parts of my body are private



I can tell you what I like/don't like about being a boy/girl

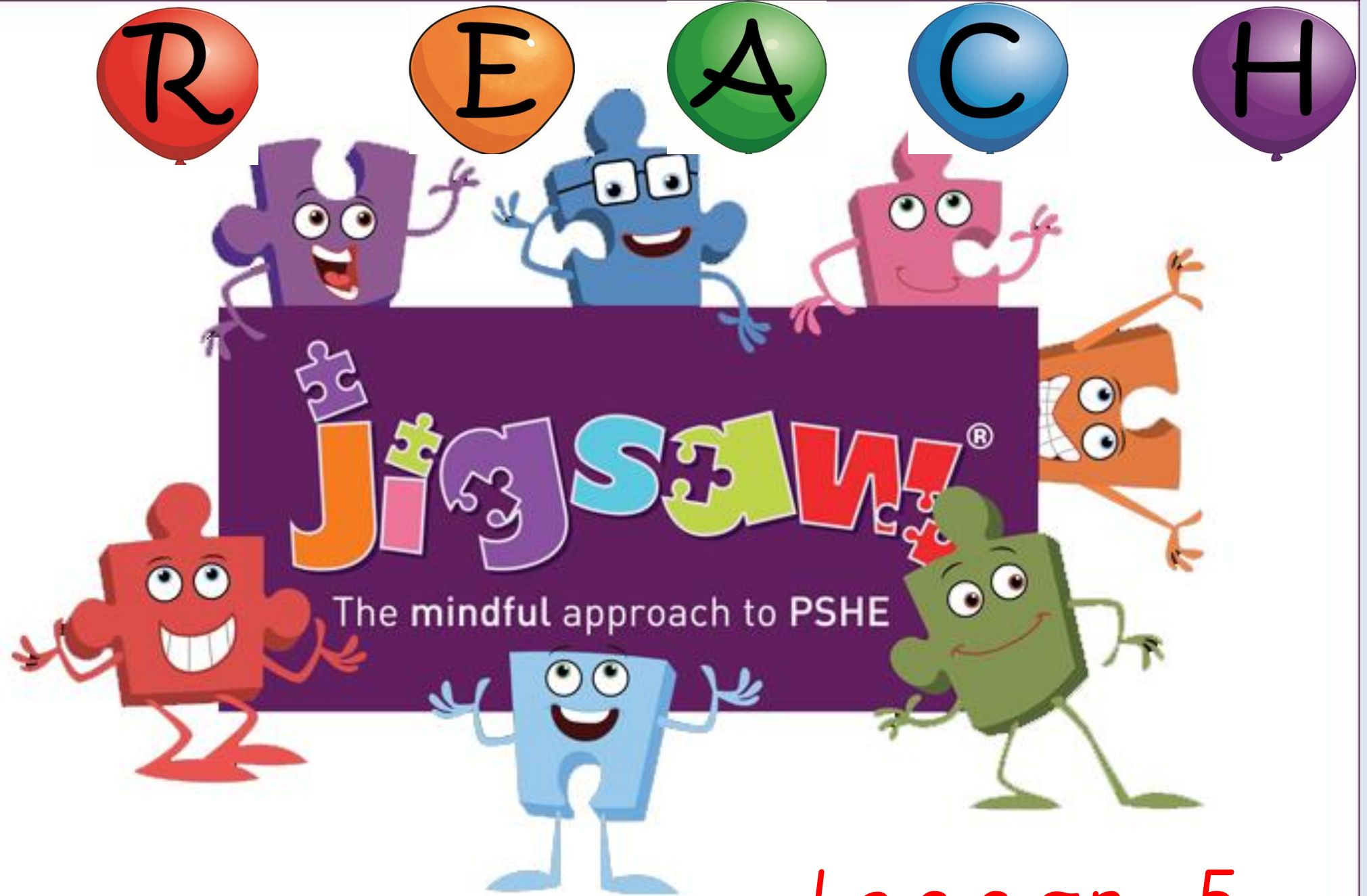


TINT BOX - To improve next time I

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Lesson 5



CHANGING ME

— VERA MICHAELS —



touch

texture

cuddle

hug

squeeze

like

dislike

acceptable

unacceptable

comfortable

uncomfortable

Play 'Pass the Touch' game
around the classroom.

Calm me.



A New Day (Changing Me)

VERSE:

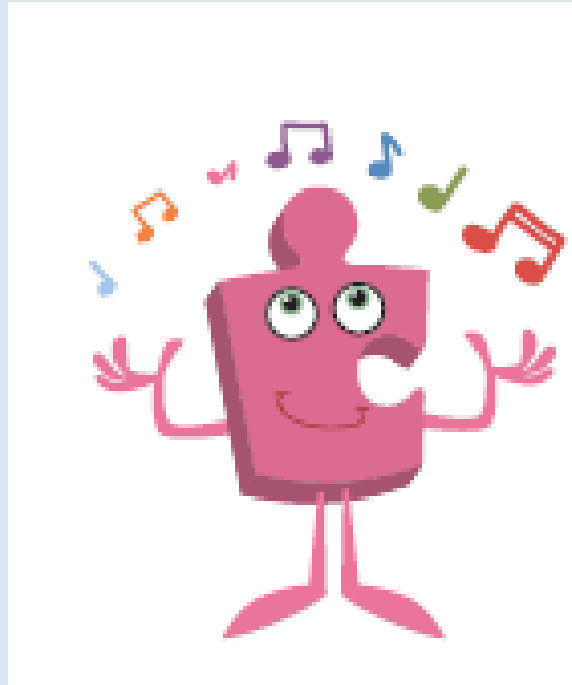
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Share 'What
about you?'
poem.

What about you?

I laugh when I am tickled

Do you?

I smile when I am hugged

Do you?

I chuckle when I feel a squeeze

And cry if I am pushed.

What about you?

I giggle when I am spun around

Do you?

I feel safe when I am cuddled

Do you?

I am soothed when my face is stroked and upset if I am pinched.

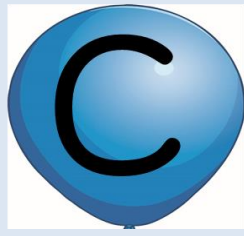
What about you?

What sort of touch do you like?

How does it make you feel?

What sort of touch do you not like?

How does that feel?



Draw two types of touch you like e.g. hug, tickle, hair being brushed, etc.



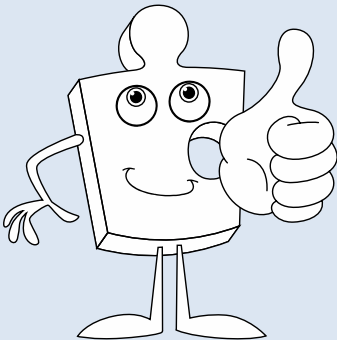
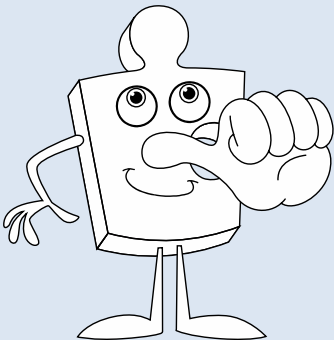
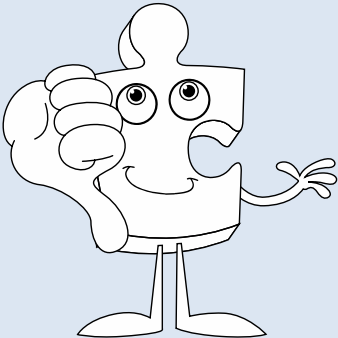
My Jigsaw Learning

Changing Me Piece 1

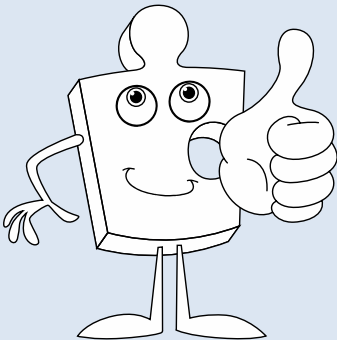
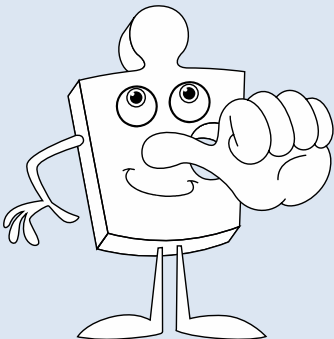
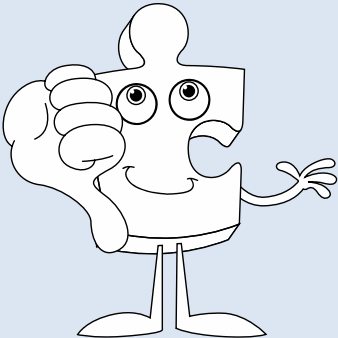
Ages 6-7

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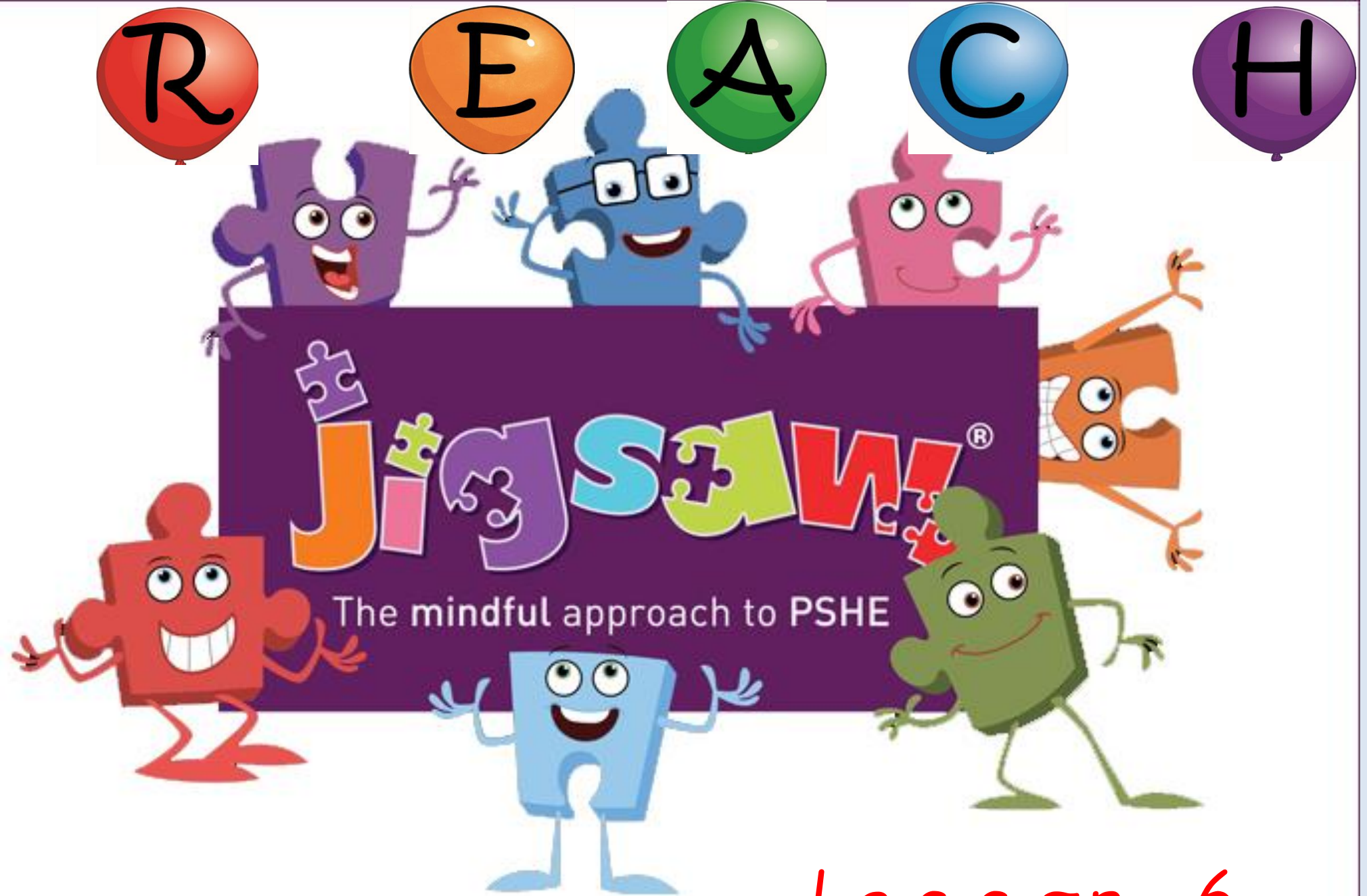


TINT BOX - To improve next time I

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Lesson 6



CHANGING ME

— VERA MICHAELS —



change

looking forward

excited

nervous

anxious

happy

Play 'Zoom Eek' game.

Calm me.



A New Day (Changing Me)

VERSE:

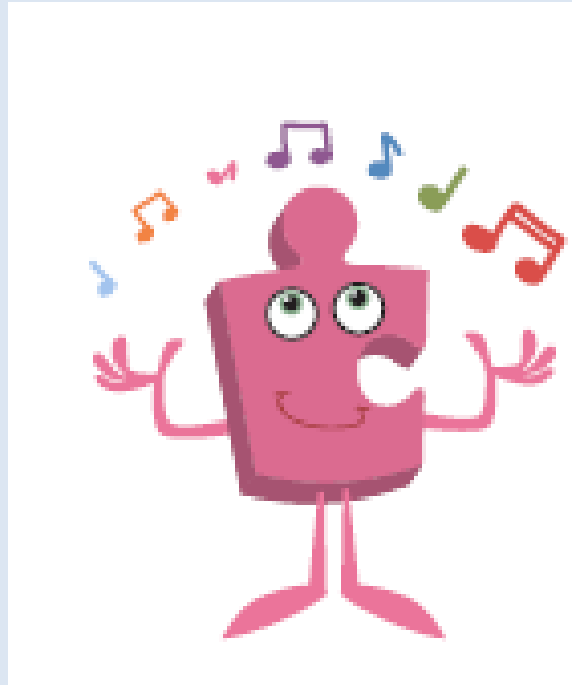
Look around and tell me what you see,
Changing faces, that's all right with me.
It's a part of growing up, let's embrace and feel free.

CHORUS:

It's a new day,
And I'm feeling great!
New choices,
New chances.
It's a new day,
And I just can't wait,
Just can't wait...
Today's gunna' be great!
Today's gunna' be great!
It's a new day,
And I just can't wait,
Just can't wait...
Today's gunna' be great!

VERSE:

Let's all agree that it's good to change,
Personalities will change with age.
We're becoming the people we're going to be.



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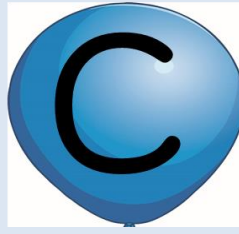
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What are you looking forward to next year?

How are you feeling about moving to a different class?



One side of your leaf write or draw:

- **One thing you like about being who you are**
- **One thing you are looking forward to about getting older**
- **One thing you would like to change next year and how to do it**

On the other side of the leaf:

- **Explain how you feel about getting older and facing new changes**

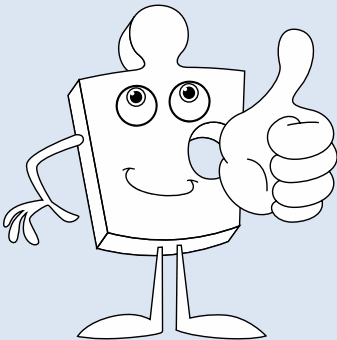
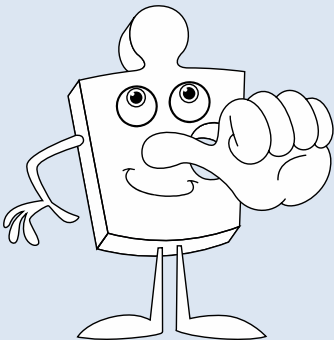
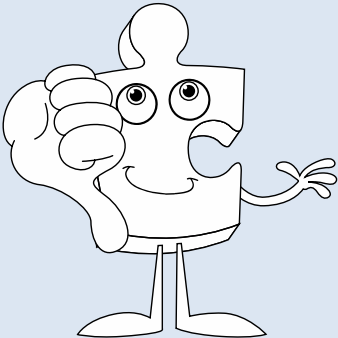
My Jigsaw Learning

Changing Me Piece 1

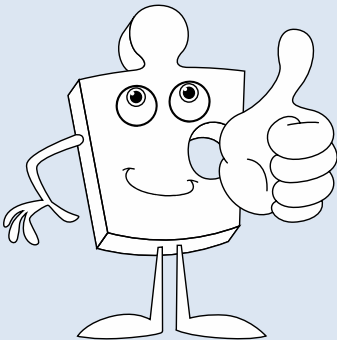
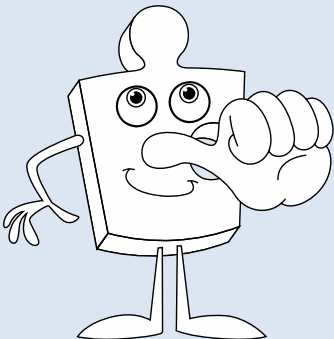
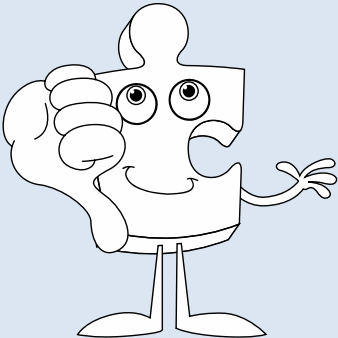
Ages 6-7

Name

I can recognise cycles of life
in nature



I understand there are some
changes that are outside my
control and can recognise how
I feel about this



TINT BOX - To improve next time I

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