

Lesson 2 Growing and Changing

Learning Intention

To discuss how children grow and change

Learning Outcomes

Understand that babies need care and support

Know that older children can do more by themselves

Resources

Talking object

Story bag containing [Pictures of newborn babies](#) soap, flannel, jumper

[Lifecycle picture cards](#)

[Lifecycle word cards](#)

[Lifecycle whiteboard summary](#)

Activities

1. Group Agreement

In a circle, remind the group of the ground rules from the previous lesson.

2. Pass the Talking Object

Pass the talking object around the circle saying: *Hello my name is ...*

3. Feeling Faces

Ask the class to practice putting different feelings on their faces. Suggest excited, calm, proud.

4. Story Bag

Take the following out of the bag; two [Pictures of newborn babies](#), soap and a flannel, and the school jumper that was used in the previous session. Explain that today's story is about the same child as last time (Jai). Use the points below to tell a story about Jai helping to give his baby brother a bath.

- This is the story of how Jai helped to give his baby brother a bath. (Take the baby pictures around the circle and ask the children which one they think is Jai's brother. Place the picture of the male baby in the middle).
- One day Jai was feeling really excited and had been running around the house all afternoon. (Pass Jai's jumper around the circle as quickly as possible to show how excited they were).
- Jai's Mum shouted "Stop! You are making too much noise and I don't want your baby brother to start crying. You need to calm down." (Ask the class to show their calm faces).
- When Jai was calm his mum asked him to help give his baby brother a bath. Jai enjoys helping his mum to look after his brother. (What do you think Jai might do to help?)
- Mum says "Thanks for helping me Jai, you are so grown up. I remember when you were a baby"
- Jai feels really proud thinking about all the things he can do now that he couldn't do when he was a baby. (Ask the class to show their proud faces).

Ask questions after the story: Why did Jai need to calm down? Why do babies need more help and care than older children? How could we tell which picture was a baby boy? Agree that they have different private parts and tell the class that the science words for these parts are penis and vulva. Acknowledge that the children may have their own words for these parts. Discuss any feelings of embarrassment and reinforce that it's important to know the names for these parts of the body.

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5. Lifecycle Pictures

In small groups at tables, give each group a set of [Lifecycle picture cards](#) and [Lifecycle word cards](#). Ask the group to put the pictures in a line from youngest to oldest. If they are able to, they can then label the pictures. Display the [Lifecycle whiteboard summary](#) to clarify any misunderstandings.

6. Reflect and Review

Ask the children to think of something they can do now that they couldn't do when they were babies. Discuss a few examples. Do a final go-round with the talking object, asking them to complete the sentence: *One thing I can do now is ...*