

Jigsaw Jo's Journey

Changing Me

How can I cope positively with change?

I will learn about...

- Life cycles in nature
- Growing from young to old
- How my body changes
- The physical differences between boys and girls
- Why some parts of my body are private
- Different types of touch and which ones I like and dislike
- The things I am looking forward to

I will explore...

- How some changes are outside of my control and how I feel about it
- People who I respect that are older than me
- How it feels to become independent
- What I like about who I am
- How to ask for help
- Changes that I might choose to make as I grow older

control

dislike

like

appearance

communication

independence

private

physical difference

comfortable

nervous

teenager

child



uncomfortable

Jigsaw Jo's Journey

Can you explain why some types of touches feel OK and others don't?

Can you say what you like about being a boy/girl and getting older?

My Thinking Pad

What have I learnt in this puzzle that helps me to understand how we change as we grow?

Our bodies change as we grow up and it is ok to feel...

Some body parts are private, such as...

because...

How are girls and boys different and how are they the same?

I might feel ...

and...

about growing up because...

Changing Me

