



Dear Parents,

The aim of this lesson is to provide children with opportunities to understand the changes taking place during growth to adulthood. It is important that children realise that differences in growth patterns are normal. Children experience a range of life changes as they grow.

The following are suggested exercises which you might like to undertake at home with your child.

- ▲ In school, your child may be completing a personal record chart on Growing and Changing. If you are asked for some information you could use the opportunity to discuss your child's growth and development. Talk to him/her about when s/he was a) a baby, b) starting school, c) starting Third Class, and discuss things s/he could do, how s/he communicated thoughts and feelings, people s/he was close to and how s/he contributed to home life.
- ▲ Talk to your child about your own growth and development. Encourage your child to ask you questions. Together, list the differences and the similarities between your story and his/hers:

When I was a baby (from what you were told by others):

Child:	My hair was ... (fair and curly)	
Parent/Guardian:	My hair was ... (fair and straight).	
Child:	I loved to ... (crawl on my hands and knees).	
Parent/Guardian:	I loved to ... (roll over and over).	etc.

When I was starting school:

Child:	I was able to ... (ride a bicycle).	
Parent/Guardian:	I was able to ... (cycle also).	
Child:	My favourite toy was ...	
Parent/Guardian:	My favourite toy was ...	etc.

When I was starting Third Class:

Child:	My ... (writing?) was good but my ... wasn't great.	
Parent/Guardian:	My ... was good but my ... wasn't great.	
Child:	I liked playing ...	
Parent/Guardian:	I liked playing ...	etc.

- ▲ Together, you and your child could cut out newspaper and magazine pictures showing people of different ages engaged in activities appropriate to their age: a baby crawling; children in a playground; teenagers at a concert or playing sport; adults at a meeting, at work or shopping. These pictures may be useful for the Art Activity, A Montage of Ages, being done in school. You could also make your own montage at home by cutting around the pictures and sticking them onto a page, arranged in a new picture composition.