Growing Up Big and Strong

Learning objective: To understand that we change as we grow and to identify things we can do now that we could not do as babies.

Talk to your grown-up about how you are growing. Use the word bank to help you complete the activities.

Word bank: baby · toddler · grow · strong · learn · kind

1. Max the monkey is learning to climb. What is one thing you can do now that you could not do when you were a tiny baby? (2 marks)

2. Pip the caterpillar is changing. When we grow, we might get taller. Can you name one other way your body changes as you get older? (2 marks)

3. Ellie the elephant has a great memory. Can you remember a new skill you have learned this year at school or at home? (2 marks)

4. Why is it important to be kind to our friends while we are all growing up together? (2 marks)

5. If you had £1 to spend on a healthy snack to help you grow strong, would you choose an apple or a sweet? Why? (2 marks)

Draw: Draw a picture of yourself as a baby on one side of the paper, and a picture of you as you are today on the other side. Show how much you have grown!

Extension challenge: Ask a family member to show you a photograph of when you were a baby. Talk about two things that are the same and two things that are different now.