

How I Am Growing Up

Learning objective: To understand and celebrate the changes that happen as we grow from babies into children, recognising our own achievements and personal development.

Today, we are going to celebrate how much you have grown! Follow the steps below to create your very own 'Growth Journey' drawing. You can use your favourite crayons or pencils.

Draw: The sheet should be divided into two main panels: 'When I was a baby' and 'Me today'. Provide space for a self-portrait in both. Include a small 'Growth Star' shape in the corner for the final task. Use a friendly, inviting style with plenty of space for children to add their own details like toys, clothes, and family members. Encourage the use of bright colours.

A large empty rectangular box with a thin black border, intended for a child to draw their 'Growth Journey'.

Label words: Baby · Me now · Tall · Strong · Learning · Happy

Steps:

1. Step 1: In the first box, draw a picture of yourself when you were a tiny baby. What did you wear? Did you have hair?
2. Step 2: In the second box, draw yourself as you are today! What is your favourite outfit to wear now?
3. Step 3: Label your drawing using words from the word bank to show how you have changed.
4. Step 4: Draw one thing you can do now that you could not do as a baby (like running, drawing, or reading)

a book).

5. Step 5: Draw a 'Growth Star' next to your picture and write or trace the name of one person who helps you grow up big and strong.