Growing up

Cut out the pictures and put them in the right order.
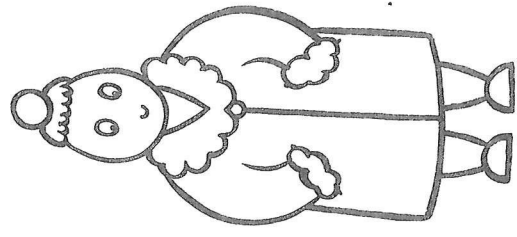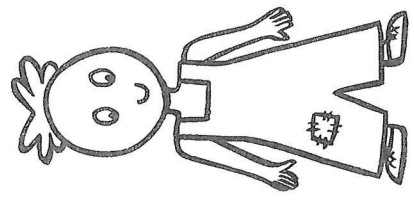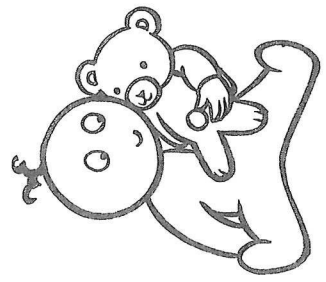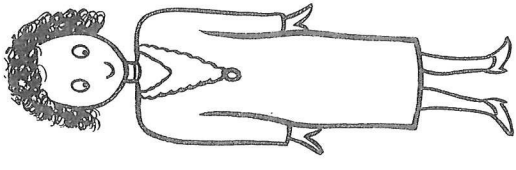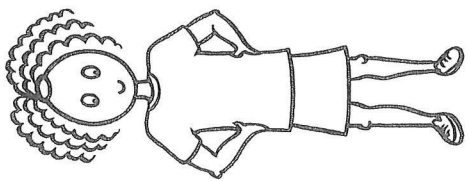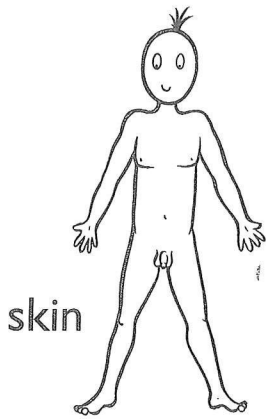
Estimate how old the person is in each picture.

Activity Sheet 11 How Did I Get Here?
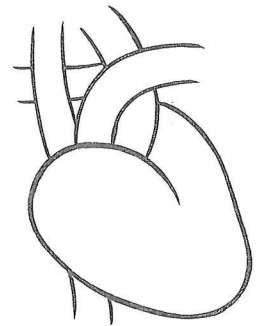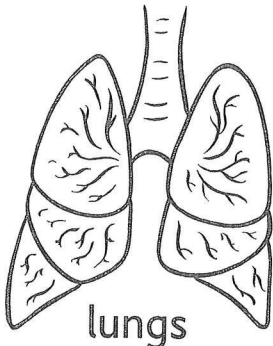
26

Inside our bodies

skin
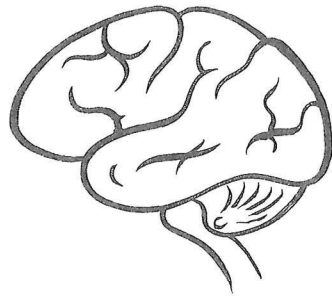
brain

pumps blood around our bodies

heart
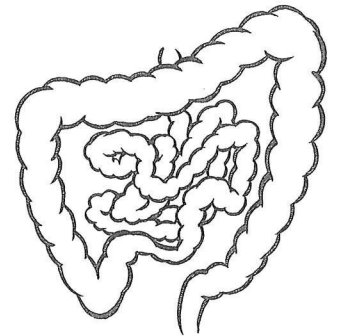
exchange oxygen for carbon dioxide

produces chemicals for digestion

digests food

lungs
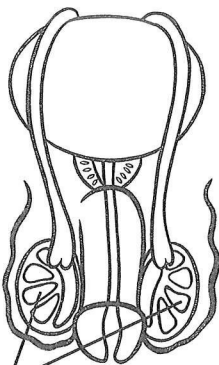
processes food waste

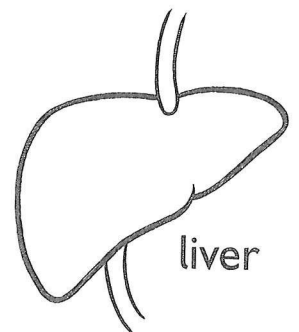intestines

controls mental processes
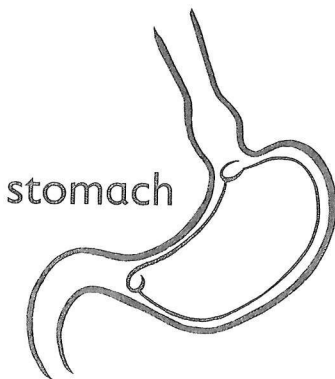
produce sperm

produce eggs

clean the blood
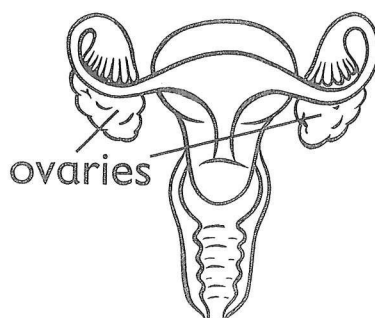
testicles

liver
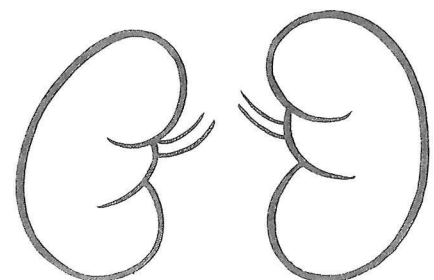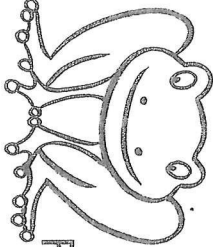
protects the outside of the body

stomach

ovaries

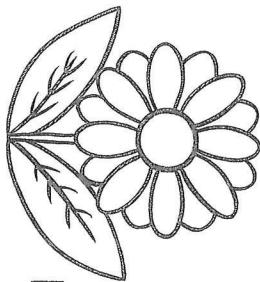kidneys

What do things come from?

Choose a word from the list below to finish the sentences.

Name _____

Frogs come from _ _ _ _

Birds come from _ _ _ _

Kittens come from _ _ _ _
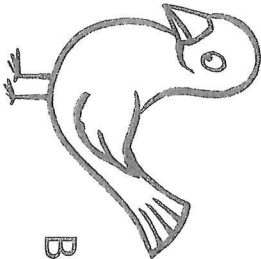
Flowers come from _ _ _ _
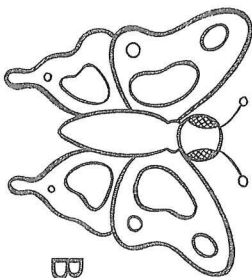
Butterflies come from _ _ _ _
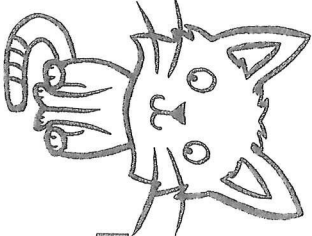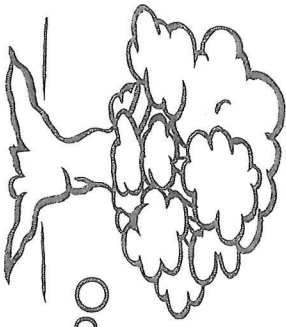
Oak trees come from _ _ _ _

| cats | spawn | eggs | seeds | larvae | acorns |

What can we do?

What could you do as a baby? What can you do now? What do you hope to do as an adult?
Write your ideas below.

Name

As a baby I could:
• wear a nappy

Now I can:
• write my name

As an adult, I hope to:
• learn to drive

How do we change?

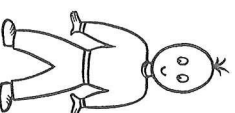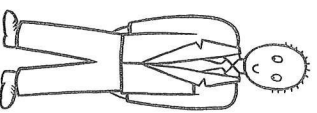We all change as we get older. Write the changes that happen to girls and those that happen to boys. Remember that some changes happen to both.

I will grow taller.
I will get hair under my arms.
My breasts will develop.
My periods will start.
My voice will get deeper.
My shoulders and chest will get broader.

I will get pubic hair.
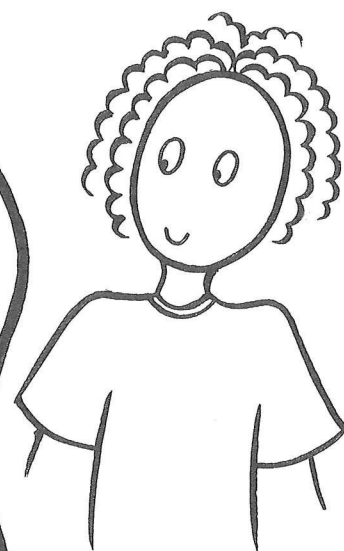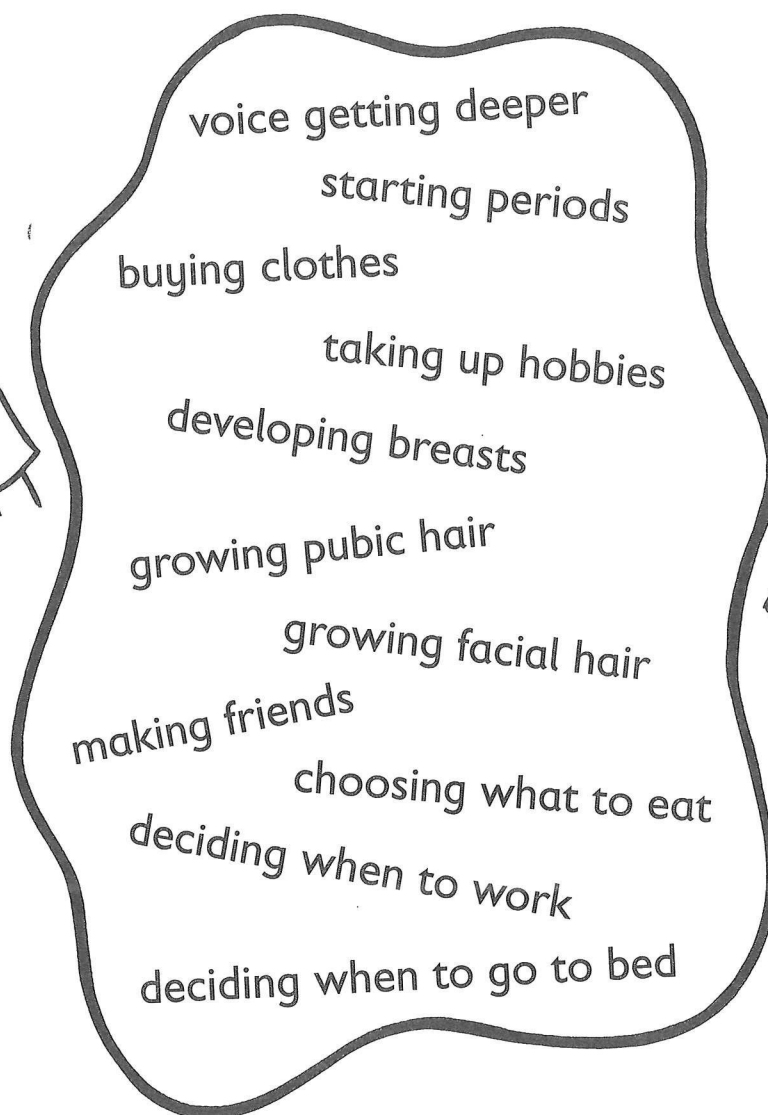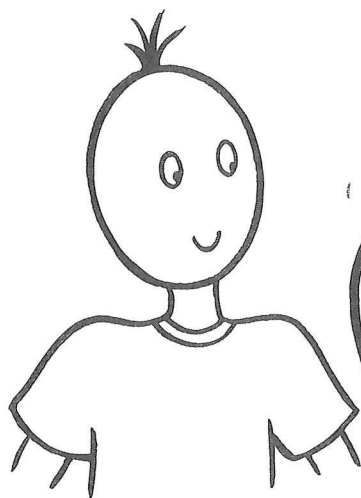My skin will get more wrinkled.
Hair will grow on my face.
My sex organs will develop.
My hips will widen.

Sort the changes

Which changes can we control? Sort them into two columns.

voice getting deeper

starting periods

buying clothes

taking up hobbies

developing breasts

growing pubic hair

growing facial hair

making friends

choosing what to eat

deciding when to work

deciding when to go to bed

changes we can control	changes we cannot control

My family

Imagine that this is your home. Draw a picture of a member of your family in each of the windows, and explain why they are important to you.