



Activities Section 1

Growing Up

How have you changed?

Slides 7-9

Some things that you could do.

- Talk about some of the changes which have taken place to the children from babies to now, from learning to sit up, crawl, walk, from milk to solids, learning to talk, feeding yourself, sleeping in a cot to a bed.
- Bring in objects or photographs from the past e.g. old toys, dummy. Ask children to sequence these things. Use the collection to mount a display timeline.
- Ask children to think about the things babies need. Can children think of a way of sorting these? Moving around, feeding, keeping clean, clothing. It is different because... It has changed because...

What do babies need? Some questions to ask.

- What do babies like to eat?
- How many times does a baby take a bottle/breast feed each day?
- Do babies have teeth?
- How do you know a baby is growing?

- Describe where a baby sleeps.
- Do babies sleep a lot?
- Do babies have a regular bedtime like you?
- How might you help a baby go to sleep?
- What do babies wear?
- What do babies need in hot/cold/wet weather?
- How do you stop a baby from getting dribbles on their clothes?
- What do babies wear in bed at night?

Some questions about change.

- Do you remember at what age you did not need baby things anymore?
- At what age did you speak, walk, ride a bike, tie a tie, tie shoe laces, dress yourself for school, make your own sandwiches, crawl, jump without falling over, feed yourself, wave goodbye, kick a ball, throw a ball, walk up and down stairs, draw people, do buttons, write your name.
- Discuss ways in which they could find out. Video, photos, asking parents or a diary.

Personal timeline

Allows children to sequence events and changes in their lives and use a timeline to record them. Timelines are a great tool for children to be able to record the passage of time.