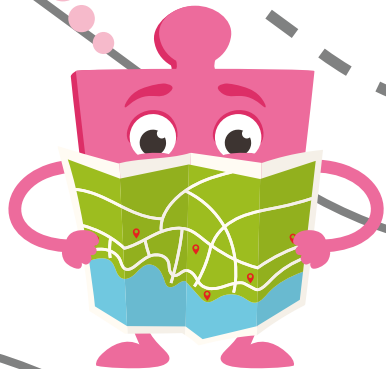


CHANGING ME

Jigsaw Jo's Journey

How can I cope positively with change?

appearance
physical
difference
child
teenager



I will learn about...

- life cycles in nature
- growing from young to old
- how my body changes
- the physical differences between boys and girls
- why some parts of my body are private
- different types of touch and which ones I like and dislike
- the things I am looking forward to

I will explore...

- how some changes are outside of my control and how I feel about it
- people who I respect that are older than me
- how it feels to become independent
- what I like about who I am
- how to ask for help
- changes that I might choose to make as I grow older

independent
control
private
like
dislike

comfortable
uncomfortable
nervous
control

CHANGING ME

Jigsaw Jo's Journey

Can you explain why some types of touches feel OK and others don't?

How are girls and boys different and how are they the same?

My Thinking Pad

What have I learnt in this puzzle that helps me to cope positively with change?

Our bodies change as we grow up and it is ok to feel ...

Some body parts are private, such as ... because...

I might feel ...

and ...

about growing up because...

Can you say what you like about being a boy/girl and getting older?

Looking back at my journey

Something important I learned

I feel proud that...

A question I still have is...

