



Changes 1

My changes

Children often love to learn about themselves when they were little. They love to hear about the silly things that you did when you were little, too.

How much can you remember?

If you have a photograph of yourself when you were little you might like to talk about the time in the photograph.

Ask the child what they already know and then fill in the details when they get stuck. You might like to write down or draw what you find out.

	Child	Parent/carer
Hair colour		
Eye colour		
Favourite food		
Something silly		
Something naughty		
Something sweet		
Something to feel good about		
Something that is still the same		



Changes 2

What I have learned

In class your child has been learning about some of the ways they have changed since they were a baby and some of the things that they have learned.

How many things can you think of together? Examples might be 'I learned to walk.' 'I learned to ride a bike.'

Talk together about what it was like to learn and what things helped.

Parents or carers, can you think of something you learned to do when you were a child?

Draw a picture of you learning something. You might write what helped.

