



Year 5: Booklet

Growing and Changing

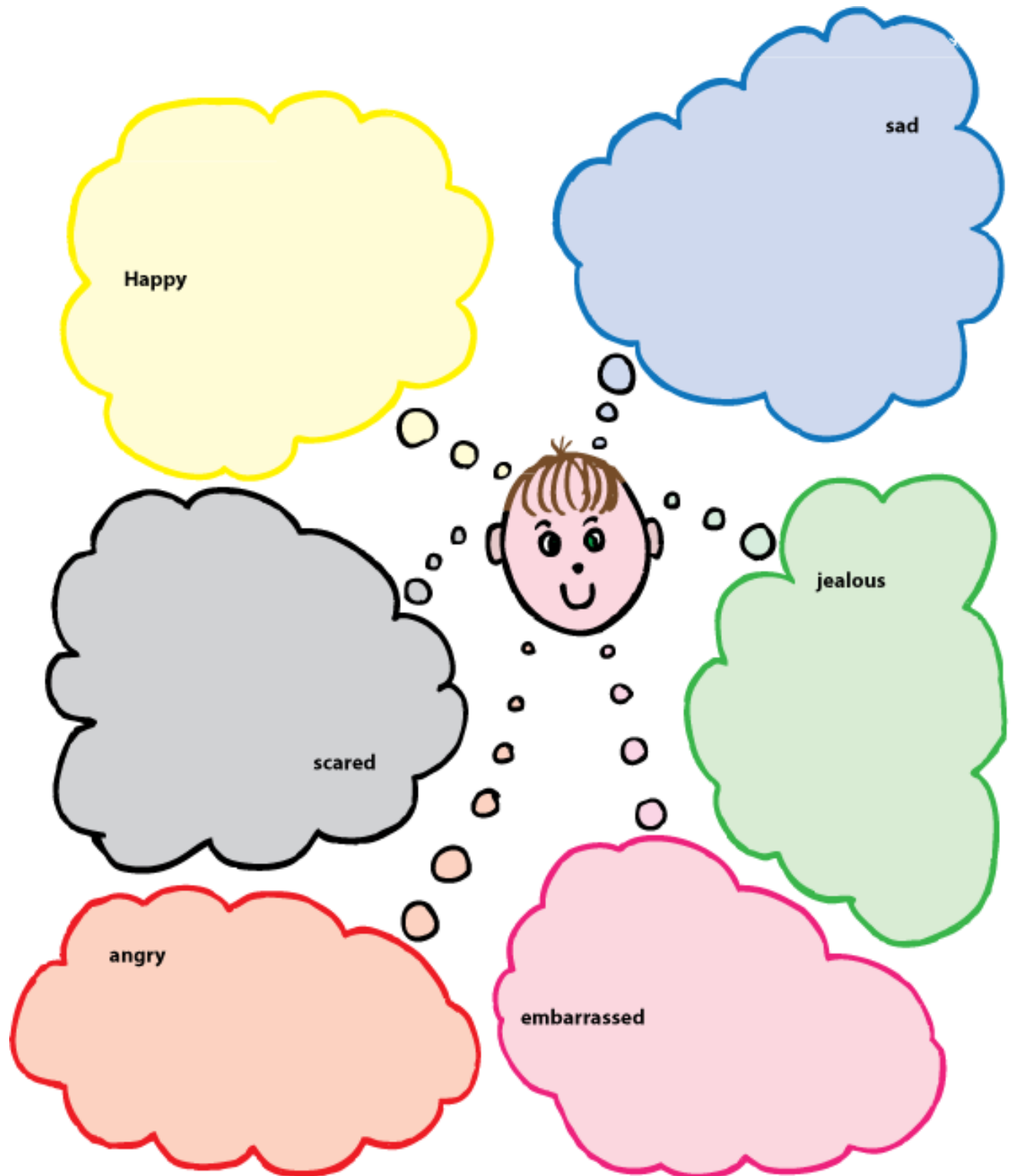


Name:

Date:

Worksheet 1: Feelings

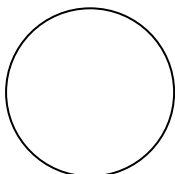
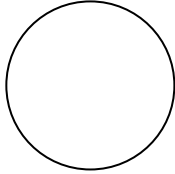
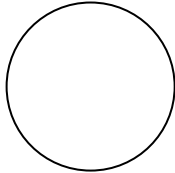
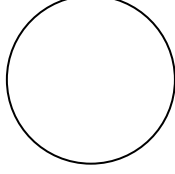
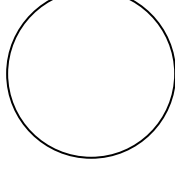
These are some of the things that make me...



Worksheet 2: Feelings diary

Keep a diary of your feelings. Draw in a face to match how you felt each date then write about why you felt that way.



DAY	REASON FOR FEELING THIS WAY
MONDAY 	
TUESDAY 	
WEDNESDAY 	
THURSDAY 	
FRIDAY 	

Worksheet 3: Same and different

In what ways are you the same as and different to your friend? Fill in the table below.

SAME

Me	Friend

DIFFERENT

Me	Friend



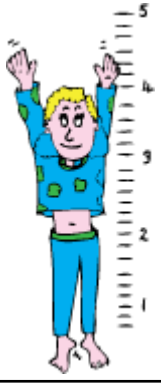
Worksheet 4: Change

Some things about ourselves we are able to change and some things we can't change.

List the things you can change about yourself.

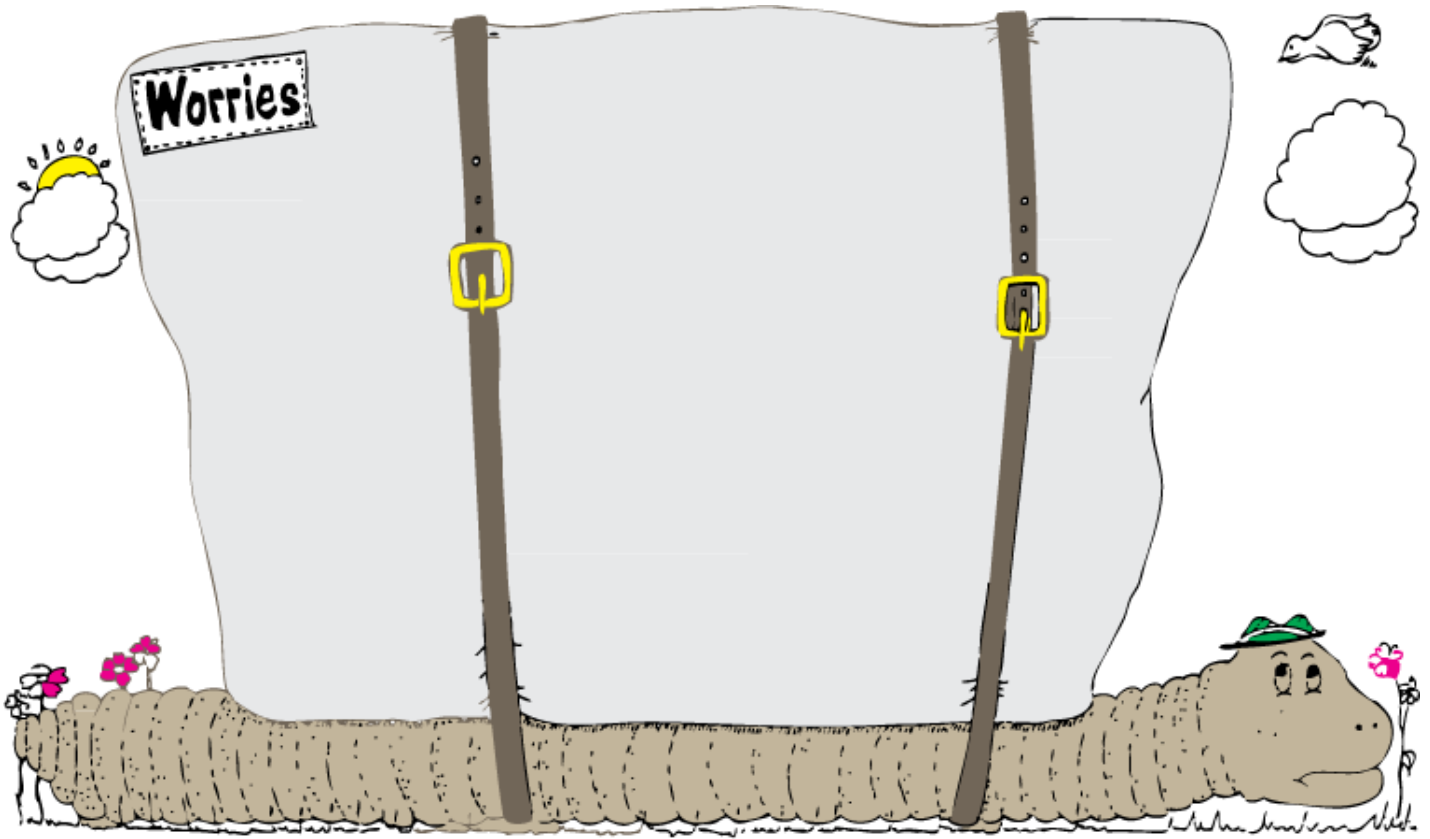
A cartoon illustration of a boy with blonde hair, wearing a blue long-sleeved shirt and green striped pants. He is standing next to a red chair. On the chair, there is a yellow shirt with a red collar and grey pants with orange polka dots. The boy is holding a pair of green and red striped pants. The entire illustration is enclosed in a double-lined rectangular border.

List the things you can't change about yourself

A cartoon illustration of a boy with blonde hair, wearing a blue long-sleeved shirt with green polka dots and blue pants. He is standing next to a vertical ruler that has numbers 1 through 5. The boy is holding his arms up, and his head is near the number 5 on the ruler. The entire illustration is enclosed in a double-lined rectangular border.

Worksheet 5: Worries

Make a list of things which sometimes worry you.



What is the best thing to do when you are worried?
Discuss your ideas with your friend.

Think of 2 people who you can talk to if you have a worry.

Worksheet 6: Body changes

As I get older my body will change.

When I am 12	At 14 years	At 16 years	When I am 18 years

Worksheet 7: Body changes



As you go through puberty, girls become women and boys become men.

How do you bodies change?

In column A list the changes that take place in girls' bodies.

In column A list the changes that take place in boys' bodies.

A	How girls' bodies change

B	How boys' bodies change

Worksheet 8: Clean body, clean clothes



You and your body

How often should you...

Wash your hands? You should wash your hands.....

.....

Wash your face and body? You should wash your face and body.....

.....

Wash your hair? You should wash your hair.....

.....

Brush your teeth? You should brush your teeth.....

.....

How often should you change your towel? You should change your towel

.....

.....

You and your clothes

How often should you...

Change your underwear? You should change your underwear.....

.....

Change your socks? You should change your socks.....

.....

Change you jeans/skirt/trousers? You should change your jeans/skirt/trousers

.....

.....

Change your blouse/shirt? You should change your blouse/shirt.....

.....



Worksheet 9: Keeping healthy

How Much do you know?

Some of these statements are TRUE. Some of them are FALSE.
Decide which ones are TRUE and which ones are FALSE

Put a circle around the word TRUE, if you think the statement is true and
around the word FALSE if you think the statement is false.

	TRUE	or	FALSE
1. Germs like warm, moist conditions, so they grow in places where you sweat a lot.	TRUE		FALSE
2. Using deodorant helps to keep your clothes clean.	TRUE		FALSE
3. Socks made of wool or cotton are better for your feet than socks made of other materials.	TRUE		FALSE
4. Tight shoes can damage your feet.	TRUE		FALSE
5. Toe-nails should always be cut straight across.	TRUE		FALSE
6. Biting your nails is bad for your health.	TRUE		FALSE
7. Headlice only live in dirty hair.	TRUE		FALSE
8. Sunbathing can damage your skin.	TRUE		FALSE
9. If you eat sugary snacks, you are more likely to get tooth decay.	TRUE		FALSE
10. You don't need to go to a dentist if you brush your teeth regularly.	TRUE		FALSE

Worksheet 10: Be healthy, be happy

It's important to look after yourself as you grow and develop.

Say "YES" to.....

Say "NO" to.....