



# Growing UP

<b>Session Length</b>	15 minutes
<b>Introduction</b>	<p>This session helps children explore the natural human cycle of life, focusing on what children can remember about their development so far and what they know will happen as they get older. This is underpinned by the religious understanding that growing up is part of God's plan for our lives, and that we are loved by Him at every life stage.</p> <p>As with all EYFS sessions, the sessions themselves are fairly short with the expectation that the Extended Activities will be utilised to extend and consolidate learning.</p>
<b>Learning Objectives</b>	<p>Children will learn:</p> <ul style="list-style-type: none"><li>• That there are natural life stages from birth to death, and what these are</li></ul>
<b>Success Criteria</b>	<p>Children will:</p> <ul style="list-style-type: none"><li>• Engage with the story</li><li>• Answer teacher led questions</li></ul>
<b>Virtues to be developed</b>	<ul style="list-style-type: none"><li>• Appreciative</li><li>• Patient</li></ul>
<b>Resource Materials</b>	<ul style="list-style-type: none"><li>• Teacher Notes (this document)</li><li>• Online Presentation</li><li>• <b>Appendix 1 – When I Grow Up...</b></li><li>• <b>Appendix 2 – Mix and Match</b></li></ul>

Story: Mollie the Cat finds a photo album

Slides 1 - 8

Explain to children that today’s session is about growing up, and to start with, they are going to read a story in which Mollie the Cat finds an old photo album!

**Click through the slides and read the story.**

Slide 9

Ask children:

- What was Mollie the Cat when she was little?  
*(A kitten born with her eyes shut, which grew into a cat)*
- How did Billy Bird start off?  
*(As an egg, then a chick learning to fly, then a bird like he is today)*

**Extension.**

Discuss further the life cycles of cats, birds and frogs, and how they are different to humans.

Discussion: Life Stages

Slide 10

Ask children to discuss in pairs or small groups how they have grown since they were born.

Bring children back together and collect answers, including from any children with younger siblings. Then **click to reveal** the images on screen, highlighting or drawing out from children where possible:

- When they were first born, they were **baby** who wore nappies, only lived only on milk, and slept most of the time!
- Then as an **older baby**, they were able to sit up on their own, they started crawling and trying food for the first time.
- As a **toddler** they began walking, playing with toys and starting to talk.
- They began mixing with other **children** their age, learning to share, learning more words to describe what was happening around them.

Invite children to give themselves a round of applause for all the amazing learning and growing they have done so far!

**Slide 11**

**Ask: What happens next?**

Again, allow children to talk in pairs or small groups before coming back together to collect answers and hear from any children with older siblings. Then **click to reveal** the images on the screen highlighting or drawing out from children where possible:

- **Older children** go to school, grow taller, spend lots of time getting better at reading and writing, discover more about what they like and don't like doing.
- Children grow into **teenagers** and go to secondary school where they have more responsibility over their learning and can choose to spend more time on their favourite subjects. Teenagers keep on growing and become more like adults.
- **Adults** are allowed to do some things that children can't, like having jobs and starting families of their own. Adults stop growing taller, but they can keep on growing in love, kindness, generosity and lots of other things.
- When adults get older, called becoming **elderly**, their hair might start to go grey or white and they might be more tired and need help walking.

Say that whilst there are lots of changes that we go through in our lives, there is one thing that never changes: God's love for us! In fact, **growing up is God's plan for our lives!**

**Extension.**

If appropriate for the age and experience of your class, say that death is the end of a natural life cycle.

**Class/Group Discussion: What do you want to be when you grow up?**

**Slide 12**

Say that it's great to be excited for the future and look forward to being grown up, because that's God's plan for us!

**Ask: What do you want to be when you grow up?**

Allow children to think and respond in small groups before collecting answers. As well as ideas about jobs that children might want to have, encourage suggestions of qualities, like being kind, generous, patient, loving etc.

**Extension.**

Give out copies of **Appendix 1 – When I Grow Up...**, for children to complete the sentence (with assistance where necessary) and decorate the body outline as they wish.

**Prayer**

**Slide 13**

Reiterate the key learning, that **growing up is God's plan for us** – and He loves us every step of the way!

**Slide 14**

Finish with a final prayer:

**Dear God,  
Thank you for loving me!  
As my body grows,  
Help me to grow in love too.  
Amen**