

# CHANGING ME

## Jigsaw Jack's Journey

How can I cope positively with change?

changes  
life cycle  
baby  
adult  
growing up  
male  
female



### I will explore...

- how I feel about change
- why change happens and how it is a part of growing up
- how everyone goes through these changes at slightly different rates
- how to respect my body and know which body parts are private
- how to cope with change

penis  
testicles  
vulva  
anus  
private

### I will learn about...

- the life cycle of animals and humans
- how I change as I get older
- the things about me that stay the same as I get older
- the parts of the body that make boys and girls different
- changes that have happened in my life

copng  
excited  
proud  
worried  
happy  
nervous  
curious