

Life Stages - Activities Guide

1. Do students understand each of the changes that will occur to them?

- Spend time looking at the visual cards that are relevant for your child.
- Answer any questions that they may have about these.
- Ask them to match the visual card to the part of the body where they will see the change.

2. Can students sort between the changes that they will have and those that they won't?

- Ask student to look carefully at all of the visuals and see if they can sort them to what will happen to them and what won't.
 - This could be done through matching onto female and male bodies.
 - This could be done by sorting under the headings of female or male.
 - This could be done by placing the visuals that will occur onto a photo of themselves.
- **Extension:** Can they identify what changes are the same for both males and females?

3. (Females Only) – Do they understand how to use a pad?

- Show your child how to put a pad onto their underwear.
- Let them practice putting one on, and then taking one off and wrapping it up.
- Show your child the photo of the period pack. You may wish to make one up yourself and let them choose what undies are going to go inside of it.