

This lesson introduces the concept of the human life cycle. Pupils begin to understand how we grow and change as we get older. The lesson focuses on young children growing and changing (puberty is not mentioned until key stage 2). Pupils compare the differences between a baby and a child—what they look like and what they can do. The focus is on becoming independent; how we look after ourselves and each other as we grow, and some of the feelings that accompany the process of growing up.

To prepare for this lesson, teachers might want to ask some pupils to bring in photos of themselves when they were babies or toddlers to compare with how they are now. If they decide to do this, they should be sensitive to individual circumstances and to be aware that some children may not have photographs from their early childhood or that parents/carers may not be willing to share these.

Questions your child may ask after the lesson:

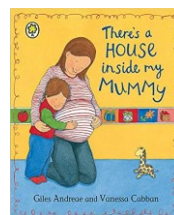
- How are babies made?
- How do babies grow?
- What was I like as a baby?
- How do people grow up?
- What happens when we get old?
- What will I be like when I am older?



Resources for Parents:



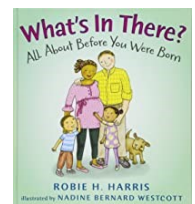
[Life Cycles](#)



[There's a House inside My Mummy](#)



[What Makes a Baby](#)



[Before You Were Born](#)



[How do humans change during their lifetime?](#)

amaze

[Where Do Babies Come From?](#)