

**What should I already know?**

- How my body has changed as it has grown.
- How I can take care of myself and what I still need help with.
- How I feel about growing up.

**How are you feeling today?**



**Key Vocabulary and definitions**

Growing	To naturally get bigger over time.
Changing	When things are different.
Ability	To have the skills to be able to do something.
Feelings	An emotional state or reaction.
Friendship	A relationship between two people who are not family.
Emotions	A strong feeling caused by what is happening around you.
Support	To help someone with something.
Help	To make something easier or possible for someone else.
Trust	To believe that someone is reliable, truthful and able.

**Key Knowledge**

- To be able to say some things I can do now which I couldn't do when I was a baby.
- To be able to identify what I have achieved.
- To suggest reasons why friendships might change.
- To understand that's sometimes we might want a friendship to change and sometimes we might not.
- To suggest some feelings, we may have when friendships change.
- To be able to identify trusted adults to help me with changes and my feelings.