

## aims

To explore the human lifecycle

## learning outcomes

- Describe the main stages of the human life cycle
- Describe the body changes that happen when a child grows up

## resources

- [Lifecycle pictures](#)
- [Lifecycle Word Cards](#)
- [Lifecycle whiteboard summary](#)
- [Babies and Children worksheet](#)

## activities

1. **Groundrules** In a circle, ask the class questions to help establish some rules for these lessons. Ensure you include the following: listen to each other; treat each other with respect (this includes no laughing at each other, no put downs, no personal questions, only say things you don't mind people knowing). 10 mins
2. **Growing and Changing** Explain that these lessons are going to be about growing and changing, in particular how babies grow into children, and children into adults. Ask the children to describe a life cycle i.e. the stages of life, including reproduction, that a living thing goes through. Ask the class whether they have learned about any life cycles in school. Explain that they are going to look at the stages in the human life cycle. 10 mins
3. **Lifecycle Pictures** In small groups give each group a set of [lifecycle pictures](#) and lifecycle word cards. Ask the groups to put the pictures in a sequence to show the stages of life a human goes through and label each picture using the [word cards](#). As a whole group put the pictures into the correct sequence using the [whiteboard summary](#). Correct any misunderstandings. Discuss some of the pictures and ask for a few ideas about what a person might be doing at this stage in their life. If possible use the answers to identify that teenagers are experiencing a lot of changes as they develop from a child to an adult and that adults may choose to have children, which keeps the life-cycle going. 20 mins
4. **Draw and Write Lifecycles** Explain that they are going to do a draw and write activity showing two parts of the lifecycle. Using the [babies and children worksheet](#) first ask the class to draw and/or write about a baby once it is born. Secondly ask them to write and/or draw what they themselves look like now that they are a child and how they've changed since they were a baby. 10 mins
5. **Discussion:** In a circle ask for volunteers to describe their ideas about babies. Then go on to discuss their ideas about adults. What happens to babies and children as they grow up? What are the changes? 5 mins
6. **Closing round:** Introduce the talking object and do a go-round: 'One change that happens as we grow up is ...'

## additional activities

### Baby Photos

Ask the children if they would like to bring in a photo of themselves as a baby to show the class. The photos could then be displayed and/or used to recap this session in the next one.