

Jigsaw Jenie's Journey

Changing Me

hand

healthy

How do we change as we grow?

I will learn about...

- The different names for parts of my body
- Respecting my body
- Healthier food choices
- Changes I might face such as moving class
- How I change as I get older
- How to talk about my worries/fears
- How to talk about the things I am looking forward to

child

ear

chest

head

nose

What can you see?

eye

foot

arm

leg

