

FAMILY ACTIVITY

AGES 5-8

LOOK AT ME GROW!

Children grow in size and in the ability to do things for themselves and others. Size, coordination, strength and belief in one's capabilities will influence children's increasing interests and independence.

MATERIALS

- Paper, markers and, if desired, photos, magazine, scissors, glue or tape

DIRECTIONS

1. On a sheet of paper, make three columns.

Example:

LOOK AT ME GROW		
Pre-School	Elementary	High School

2. Together, fill in the columns with written words or pictures or photographs that illustrate answers to these statements:

Preschool column - "I used to need help with . . ."

Elementary column - "Now I can . . ."

High school column - "I will be able to . . ."

3. As the chart is being completed, discuss:
 - How much the child has grown physically and in other ways
 - How the person described on the paper is one unique and special person
 - If people are the same person as they grow on the inside and outside