

What changes happen in my life?

To learn about how responsibilities, rights and duties are part of our lives now and how they will change in the future



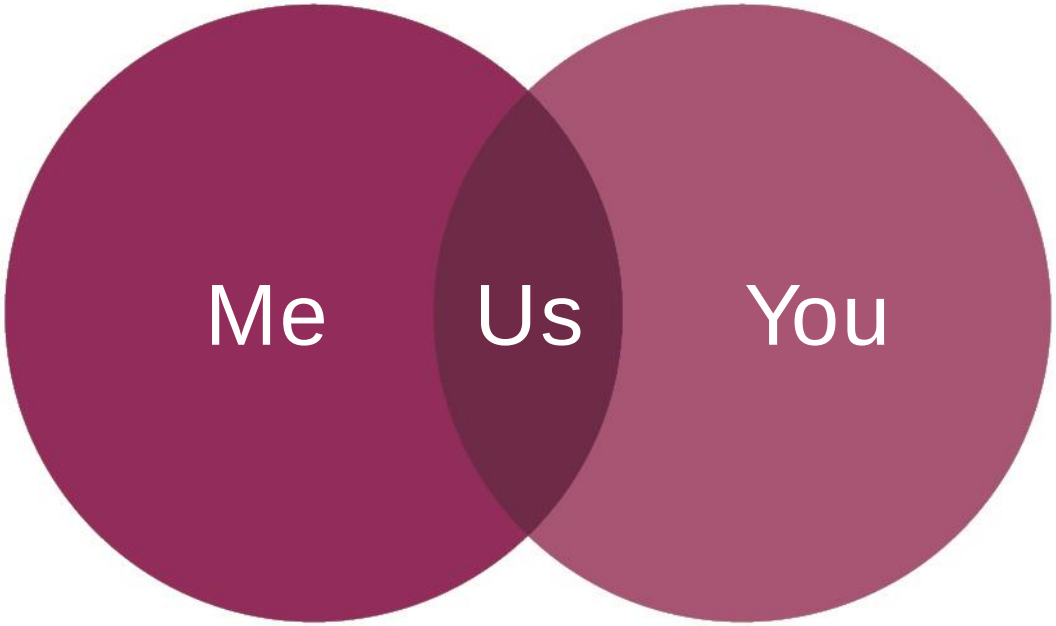
Ground Rules

Respect

Listening











Confidentiality

To learn about how responsibilities, rights and duties are part of our lives now and how they will change in the future

I can…

- Identify how as we grow and change we have increased independence and responsibilities.
- Describe how to keep safe with increased independence
- Explain why I have more responsibilities as I grow older.
- Identify reasons why transition may be challenging

Caring for family members

Getting a job

Name some of the responsibilities we may have as we grow older

Choosing a healthy diet / lifestyle

Living on your own

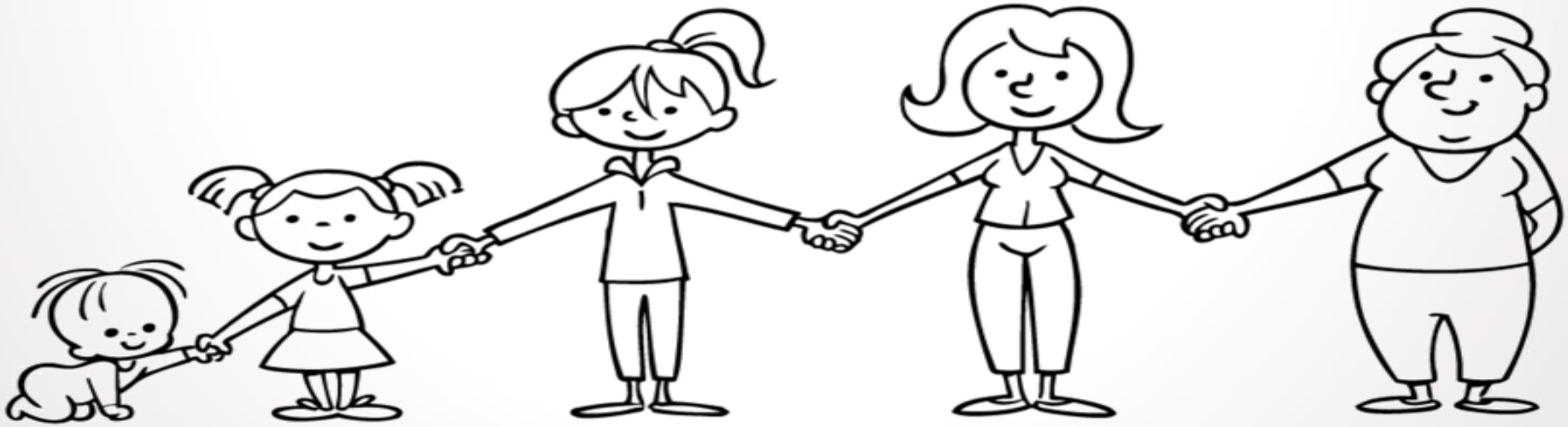
Paying bills

Add the pictures from the bag to the timeline.

What responsibilities would you have at the different ages on the timeline?

Add the pictures from the bag to the timeline

0 1 5 10 20 30 40 50 60 70 80



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As we grow up we can do more things on our own. This also means that we can have more responsibilities.

Responsibilities are things we must look after or take charge of.

Can you think of a time when you have been responsible in school?





Can you think of times you have been responsible at home?





What positive feelings do we have when we act responsibly?

Copy & complete the mind-map

Do you think being more independent mean's being more at risk of accidents?

How do we keep ourselves safe?

Discuss

Can you list some skills that we may learn to keep safe as we become more independent

Discuss

There are lots of transitions throughout life.
How do you feel about this one?



How do you feel about this change?

Copy & complete the mind-map

What do you think might help with the transition to secondary school?

1. Find out who you could speak to if you were finding things difficult
2. Keep a map of the school in your pocket
3. Make a homework timetable
4. Find out when the after school clubs run
5. Write down the names of your teachers on your timetable
6. Talk to an adult at home if you are worried

Can you think of other examples?

You can talk to…

- Trusted adult
- Staff member at school
- School nurse
- Teacher
- Parent or carer
- ChildLine 0800 1111