



Activity: 3-4.13.4

Key Messages

- Life is always evolving and everyone continues to grow and change throughout their lives.
- These transitions impact on our friendships and relationships, in both negative and positive ways.

Activity Details

Victorian Curriculum

Health & PE Examine how success, challenge and failure strengthen personal identities VCHPEP088

Capabilities VCPSCSE017

Time 30 minutes

Levels 3 & 4

Equipment

- class set of *Then and now* worksheets

Then and now

Purpose

To develop students' understanding that people grow and change over a lifetime and that this is normal.

Teaching notes

This activity is a simple way of getting students to reflect on their lives and the changes that have taken place to them in a short space of 3 to 4 years.

Procedure

1. Hand out the worksheet to students and read through the procedure for completing it.
2. Explain that there are no wrong answers to the questions.

Discussion

Discuss students' responses focusing on the following questions:

- What are the most extreme changes?
- Why has this happened?
- What changes can you expect in the future?
- Are they all positive?
- Are they necessary?



Then and now

Think back to when you were in Prep. How do you think you have changed?

1. What was your favourite game when you were in Prep?

2. What is your favourite game now?

3. What was your favourite TV show when you were in Prep?

4. What is your favourite TV show now?

5. What did you wear when you were in Prep?

6. What do you wear now?

7. How did you think you looked when you were in Prep?

8. How do you think you look now?

9. What did you worry about when you were in Prep?

10. What do you worry about now?

11. What did you like to do with your friends in Prep?

12. What do you like to do with your friends now?

13. How have you changed the most?

