



Changes

My changes

Children often love to learn about themselves when they were little. They love to hear about the silly things that you did when you were little too.

How much can you remember?

If you have a photograph of yourself when you were little you might like to talk about the time in the photograph.

Ask the child what they already know and then fill in the details when they get stuck. You might like to write down or draw what you find out.

Child Parent/guardian

Hair colour

Eye colour

Favourite food

Something silly

Something naughty

Something sweet

Something to feel good about

Something that is still the same

