

Growing Me

From Ontario Public Health Association

In this activity, students will begin to explore who they are and how they have grown up until this point. Everyone grows in different ways and at different rates! Factors that influence our growth can be *hereditary* (passed on by biological family), what we eat, and how we exercise.

With the help of the adults in your home, find pictures of yourself from the time you were born until now. Create a scrapbook (this could also been done in a Word document, PowerPoint, etc, if the images are digital) showing how you have grown and changed over the years. (Note: you may want to consider choosing images that also include adults so you can compare your size to the size of someone who has completed their growth.)



- Try to select about 8 images; one per page

- On each page:
 - Write your age
 - Describe how healthy eating and physical activity have helped you grow in comparison to the last picture
 - Describe what is special and unique about the way various people in the pictures look at the varying ages (body shapes and sizes, features such as eye, kin, and hair colour)
 - Are there any similarities between you and the adults in your photos?