

# Life Cycle of A child




50 minute workshop for  
p5-7

Adaptations available for  
P3-4



Explore what  
children need to be  
healthy, happy and  
safe at each stage  
of their lives.



-  Teamwork
-  Critical Thinking
-  Understanding Rights

# Introduction

This workshop is designed to get children thinking about what they need to be healthy, happy and safe at different stages of their life.

Children will be encouraged to work in small groups to create colourful posters for each stage in a child's life. The workshop encourages children to think about their needs and how these are linked to their rights.

Sharing their ideas with the bigger group at the end will allow children to talk about universality of some needs as they find things in common across all their posters.

## Preparation

Follow the steps below to prepare for your session ahead of time.

- Download Children's Parliament artwork [here](#)
- Find 5 Large sheets of paper (A1)
- Attach one life stage to each sheet of paper
- Gather Coloured pens for each group – blue, green and red

## Circle Time: Introducing the life stages

Sitting in a big circle, start with a wee icebreaker.

### 'I can ...'

Ask every child to say something they can do. Celebrate their achievements as you go round. Remember to take your turn!

### Life Cycles

Introduce the session, say we're going to be talking about what children need at different stages of their life to be healthy, happy and safe.

Ask them to guess the different ages for each life stage. As they guess each one bring out the poster. Ask them if they know anyone that age.

Let's get started!



12 year old

8 year old



5 year old

Toddler



Baby

# Group Work: Healthy, Happy, Safe

## Healthy

Starting with their blue pens, get children to write/draw on their sheet everything that their child might need to be healthy.

## Happy

Next, in green pen, have children write down everything their child needs to be happy.

## Safe

Next, in red pen, have children write down everything their child needs to be safe.

## Circle

Finally, have every child circle ONE thing on their sheet that they think is the most important for their child.

## Top Tips

There are no wrong answers.

Children can write things on their paper multiple times.

Children are allowed to disagree but should be encouraged to respect each other's answers.

All children should have chance to write and draw on the sheet. Try to have enough pens to allow this.

Spelling doesn't matter!

Once you've introduced all the stages. Split your class into groups. Give them one stage each.

## Sharing space

Bring everyone back into the circle. Ask them to sit in their groups.

Starting with the Baby group ask each child to share what they circled and, if they feel comfortable, why.

As each group finishes lay your posters in the centre of the circle to create a timeline.

Ask children if they noticed any things in common across all age groups. Ask if they noticed anything that changed across the age groups. Reflect on their answers.

## Linking to Rights

### Explain

Explain that through doing this exercise they have identified a lot of things that are children's rights.

### Link

You can use this space to link back to different rights. Answers relating to video games, for example, can be linked to a child's right to play.

### Avoid

Avoid dismissing any of children's ideas or making distinctions between needs and wants. Remember to validate children's voices and ideas.

## Younger children

**This exercise can be adapted for younger children.**

**Follow the steps below for children in P3-4. This activity works best in smaller groups.**



Using a large sheet of sugar paper, ask children to draw round one of their classmates



Explain to children they're going to be thinking about what this child needs to be healthy, happy and safe.



Get them to write/draw their ideas for each theme inside their outline of a child.



Encourage them to talk to each other about what they've chosen and why it's important.