

# Time Traveller



These activities are for you to do at home. You can do all of them or choose the ones that you find most interesting.

## Activities

1. Use a dictionary to help you write definitions for the topic-related words listed.

adolescence

adulthood

childhood

emotion

foetus

gestation

hygiene

infancy

life cycle

mammal

puberty

reproduction

sibling

2. There are six stages of the human life cycle. Describe how humans develop during each of the stages listed. Consider what a human can or cannot do at each stage and how humans change as they grow older.
  1. Foetus (before birth)
  2. Infancy and early childhood (birth–4 years old)
  3. Childhood (5–12 years old)
  4. Adolescence (13–19 years old)
  5. Adulthood (20–64 years old)
  6. Older adulthood (over 64 years old)
3. Ask an adult to help you find photographs that show how you have grown and changed over time from when you were a baby to the present day. Put the photographs in chronological order to create a timeline. For each photograph, add the date and write a description of how you looked, what changes have occurred, what you could do and enjoyed doing, and what you needed from the adults around you.
4. Puberty is a time when young people need to have good personal hygiene. Design a poster to help young people be aware of the importance of good personal hygiene during puberty and provide examples of good hygiene habits.



5. Visit the Children's Poetry Archive online and read or listen to the poems about ageing, growing old, and time passing, including *The Slow Man* by Allan Ahlberg, *Dad* by Berlie Doherty, *Grown Out Of* and *Growing* by Tony Mitton and *Time* by Valerie Bloom. Share the poems with an adult and discuss their content. Plan and write a poem on the theme of growing up or growing old. You might like to choose a particular age or one of the stages of human development to write about in your poem. Write using a poetic style of your choice, such as free verse or rhyming couplets.
  
6. Create a character study for a person who is much older than you. You might like to write about an older relative, such as a grandparent or other adult that you know. Include their name, date of birth, stage of human development reached, a portrait and a character description. After completing the character study, answer the following questions:
  - How is this person's life different from yours?
  - What are the advantages and disadvantages of being their age?
  
7. Use information books and online sources to learn about mammals. Find out what mammals are, their common characteristics, their young and their gestation periods. Organise and record your findings on a mind map under headings of your choice, then use the mind map to write a non-chronological report about mammals. Include a title, an opening paragraph, subheadings, detailed and interesting facts, precise topic vocabulary and images with captions.
  
8. A portrait is a painting, photograph or drawing of a person. Use a camera to take photographic portraits of people of different ages that you know. Use suitable software to create a digital montage of the portraits to show human development.
  
9. Finish your home learning by writing a summary of the topic, explaining what you have learned about the human life cycle, why humans are classified as mammals and the changes humans experience as they age.



## Useful websites

BBC Bitesize – How do humans change during their lifetime?

NHS – Stages of puberty: what happens to boys and girls

BBC Bitesize – Health Growth and Change

Central and North West London NHS Foundation Trust – Personal Hygiene – School Health Service

DKfindout! – Mammals for Kids

Britannica Kids – Gestation – Homework Help

## Good reads

Title	Author	ISBN
Growing Up – Humans from Birth to Old Age	Jen Green	9781474766272
Life Toolkit: Surviving Puberty	Louise Spilsbury	9781398201088
Pocket Eyewitness: Mammals	DK	9780241343562
A Wrinkle in Time	Madeleine L'Engle	9780141354934
My Cousin Is a Time Traveller	David Solomons	9780857639929
Life Through Time – The 700-Million-Year Story of Life on Earth	John Woodward	9780241426395

