



EduTrend Contents

P4C · GROWING UP AND CHANGE · PRIMARY

When Will I Be Grown Up?

A growing chart starts an enquiry into growing up

Ages 5–7

Level: Foundation

30 minutes

Whole class circle · up
to 30

Activity 01

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 01 · AT A GLANCE

When Will I Be Grown Up?

Children put picture cards in order: a baby, a toddler, a child, a teenager, an adult and an older person. They talk about what each can do. Then the facilitator asks when someone becomes grown up: when they are tall, when they can cook, or when they look after others? Children create questions and vote on one, such as “What makes someone grown up?”

Learning outcomes

By the end of the session pupils can:

- order stages of life;
- ask a question about growing up;
- give a reason;
- listen to others.

KEY WORDS

grow · baby · child · grown-up · change · learn

CURRICULUM LINKS

Science: human growth. PSHE: growing up. Maths: ordering.

1	2	3	4	5	6
STIMULUS	THINK	QUESTION	ENQUIRE	BUILD	REFLECT
Share something to think about	Quiet thinking time	Create and choose a question	Reason together	Agree, disagree, add	Last words

Materials (per class)

- Life stage picture cards
- Question and thinking-move cards
- Worksheets 1, 2 and 3

Before the session

- Read the stimulus and note possible concepts.
- Prepare question and thinking-move cards.
- Set out a circle so everyone can see each other.
- Print the worksheets.

SAFETY

Everyone may pass. Discuss ideas, not people, and use the story or invented examples rather than personal situations.

ACTIVITY 01 · SESSION PLAN

Step by step

Stay neutral: ask for reasons, examples and counter-examples rather than giving your own view.

Time	What happens	Say or ask
0–5 min Stimulus	Order the life picture cards.	<i>“What did you notice?”</i>
5–12 min Questions	Pupils create questions in pairs and vote on one.	<i>“Which question is most interesting to talk about?”</i>
12–26 min Enquiry	Enquire into the chosen question, building on each other’s ideas.	<i>“What makes someone grown up?”</i>
26–30 min Last words	Each person says one last thought or passes.	<i>“Has your thinking changed?”</i>

CHALLENGE CARD (print or copy onto the board)

Say one thing that makes someone grown up and why.

ACTIVITY 01 · FACILITATOR NOTES

The philosophy in brief

Philosophers ask what makes a person an adult: age, abilities, responsibility or wisdom.

Young children often link growing up to size, and enquiry helps them add other ideas.

Common ideas to listen for

- “Being tall makes you grown up.” Size is only one thing.
- “Grown-ups know everything.” Adults keep learning.
- “You grow up all at once.” It happens gradually.

Adapting the activity

Support

Use four cards.

Stretch

Ask: can a child be more grown up than an adult in some ways?

WORKSHEET 1

Growing up

Name: _____

Class: _____ Date: _____

Draw and write.

Growing up

Stage	Something they can do
Baby	
Child	
Teenager	
Adult	

WORKSHEET 2

Thinking moves

Use these in the enquiry.

Thinking moves

Thinking move	My example
I agree with... because...	
I disagree with... because...	
An example is...	
A counter-example is...	
Building on what... said...	

WORKSHEET 3

Last words

Before and after.

Do grown-ups stop growing? Before the enquiry I thought... Now I think... because...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Orders stages	Gives a reason	Listens to others

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

When Will I Be Grown Up? is a sample activity from the EduTrend Contents P4C Growing Up and Change programme (primary, level: foundation). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

© 2026 EduTrend Contents. This activity may be printed and copied for use with pupils in your own school, club or home. It may not be resold or published elsewhere. Photos: Hector Falcon / Unsplash.