



Week 1

## Nature and nurture

What do we need to grow? Do we ever stop growing? Is it similar to other living things, decorate the grass head. We don't always see growth immediately but it is still taking place.



### Make

Grow your own  
grass monster!

### Invent

Invent an ingenious way to  
help plants grow quicker!

Week 2

# Metamorphosis

This week is all about coping with change. Discuss how a caterpillar changes and adapts to become a butterfly. What other animals do this?



## Make

Design a butterfly glider

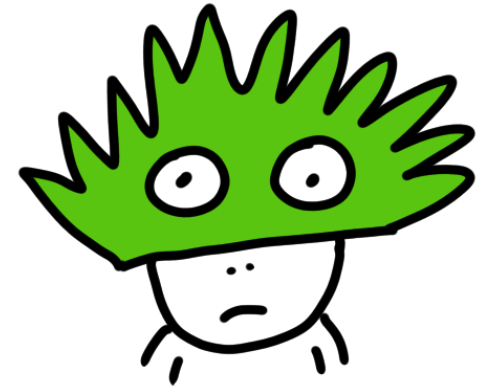
## Invent

Invent a Meta-You!

If you were to undergo a metamorphosis.  
What would you morph into?

## Resilience

How do we adapt to our Environment – how animals change to fit in to their environment, do humans do the same? Do we change our identity around different people, do we hide our true selves? Do we let people see our real personality?



### Make

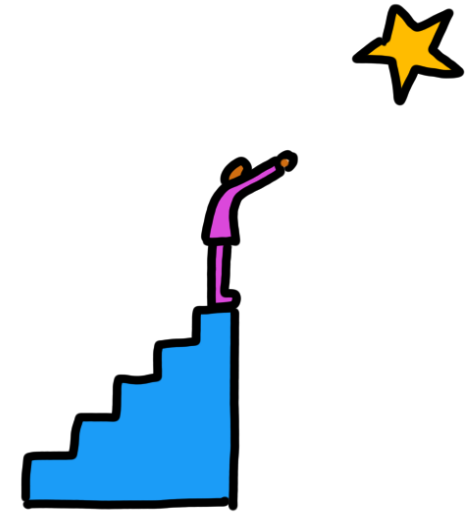
Design a camouflage

### Invent

Invent something that will change your appearance to others in public

## Reaching for the stars

Discuss together how sometimes we have to take small steps to reach out goals. You could think about school, family, careers interests and hobbies. How will we reach the stars?



### Make

Decorate a star with all the goals you would like to achieve in the future

### Invent

Invent a way to capture the stars and keep them safe

Week 5

## Be like a Tree

„Be like a tree. Stay grounded. Connect with your roots. Turn over a new leaf. Bend before you break. Enjoy your unique natural beauty. Keep growing.“



Do trees stay the same all year round? Do they keep growing? Who is in your family tree, will that keep growing?

### Draw

Draw your family tree

### Invent

Invent a fun hideaway tree house or den

# Week 6

## Namaste

„The divine light in me sees  
the divine light in you“



Why is it important to support other people to grow in confidence? What ways can we grow our own confidence? How can saying mean things affect people?

### Do

Complete the wrinkled heart  
activity

Fold the heart every time you can remember  
someone saying something negative about you,  
now pay each compliments  
and unfold the heart

### Invent

Invent a compliment  
generator

Week 7

## Physical Growth

Will we continue to keep growing? What parts of us grow?  
Think of hair, nails, teeth.



Do

Design a crazy hair style  
using different materials

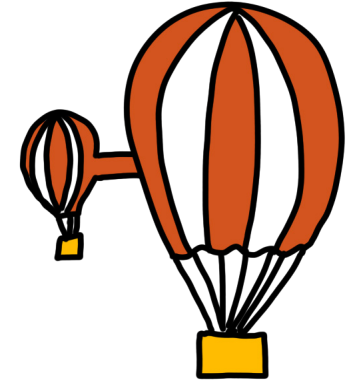
Invent

Invent a gadget to help  
boost growth



Week 8

## Support Balloons



What can we do to grow our network of support? Why is it good to make new friends. Who do we trust, who do we go to when we feel unsafe?

**Do**

Complete the support  
balloon activity

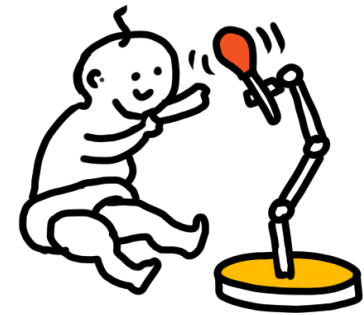
**Invent**

Invent a hot air flying  
machine

Week 9

## Brain Growth

What things can babies and children do that help brain development?  
Let's practise some of them:



### Do

Finger painting, blowing bubbles, reading, messy play, building dens, climbing about, scribbling

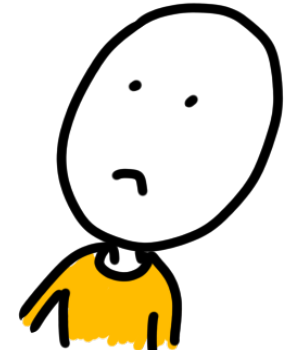
### Invent

Invent a machine that assists a baby/child to do all or some of these really important brain development activities

Upload your inventions to [childrenheardandseen.littleinventors.org](https://childrenheardandseen.littleinventors.org)

## Empathy

How do we grow Empathy? Why is it important to be kind and recognise when someone might be sad?



### Do

Create an empathy paper chain

Write down a kind thing you might like to say to people or hear yourself putting one each link before you link them all together

### Invent

Invent a gadget to cheer a friend up when they are feeling low

## Growing in school

What year group are you in? Are you looking forward to moving in to the next year? Why do you think it important to move through different year groups? Have a think about what you want to do when you leave school?



### Do

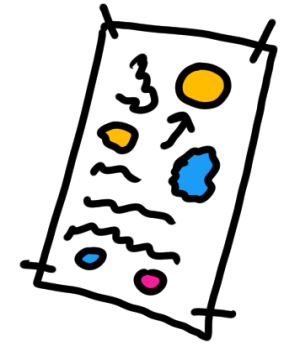
Complete the shape activity

### Invent

Invent an amazing back pack, will it have special features? What will be inside?

## How do we bloom together

Did your grass head grow? What did you notice about it when it was growing? Did you grow over the past 12 weeks? Have you learnt more about yourself? What do living things need to grow? What happens when we don't have them?



### Do

Re-create your favourite  
flower or plant

### Invent

Looking back on all the other  
weeks of creating and inventing  
design a poster to go into  
schools about the important  
things we need to grow together