



teaching
sexual
health.ca

Grade 4

Learning Activity

My Future Self Collage

Learning Outcome

*Students explain how development and puberty
are connected.*



Let's imagine your future self!

Let's think about your future self! What might your life look like in **Grade 8**? What do you hope for?

You'll create a collage to show your hopes and dreams. Your collage will celebrate who you are becoming!

Think about these questions before you start:

1. What is something you like about yourself right now?
2. How are you growing or changing these days?
3. What do you want to feel confident about in the future?
4. What do you hope your friendships and life in Grade 8 will be like?

Create your future self-collage:

Use the next page (or ask for a bigger sheet of paper) to create your collage. You can draw, add words or glue pictures from magazines or printed images.

Your collage can show:

- Things you enjoy
- Words that describe you
- Hopes and dreams
- How you're growing and changing
- What makes you proud



My Future Self Collage

Grade 4



Teaching Sexual Health

My name is _____ and this is what my life might look like in Grade 8!





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