

Health and Social Care Summer Home Learning

Part 1: Life Stage Snapshots (15 minutes)

Complete the table below by listing the **six life stages** and giving:

- A **typical age range** for each
- One example of a **physical, social, or emotional change** that might happen during that stage

Life Stage	Age Range	Key Change or Characteristic
Infancy		
Early Childhood		
Adolescence		
Early Adulthood		
Middle Adulthood		
Later Adulthood		

Part 2: Real Life Interview or Observation (25 minutes)

Choose **one of the options below**:

Option A – Interview someone

Talk to a family member or friend from **any life stage** (except your own). Ask them:

1. What is/was important to you during this stage of life?
2. How is your body, mind or lifestyle different from before?
3. What do you enjoy the most at this stage?
4. Is anything challenging?

Write a short summary (5–6 sentences) about what you learned.

Option B – Observe someone

Watch or think about a younger sibling, grandparent, parent, or neighbour. Based on what you observe, write:

- What life stage are they in?
- What are they learning, doing, or experiencing?
- How are their physical, social, or emotional needs different from yours?

Write a short reflection (5–6 sentences).

Part 3: Creative Life Stage Timeline (20 minutes)

Create a **timeline or drawing** that shows a person growing through the 6 life stages.

- For each stage, include:
 - A sketch, symbol, or simple drawing
 - 1 physical change (e.g. growing taller)
 - 1 emotional or social change (e.g. making friends, starting work)

Be creative! You can hand-draw, use Canva/Word, or even cut out pictures from magazines.