

Growing Pains

To consider the challenges of growing up, to recognise that anxiety is normal, and to understand that support and guidance is always available.

RESOURCES

A cake - or a picture of a cake.

Entrance

You may wish to have the song playing as the children enter to familiarise them with the tune and to give them an idea as to the objective of the assembly.

Introduction

Welcome the children. Tell them that in today's assembly they will be considering the nature of growing up, of dealing with change, of understanding worries and fears. Tell them that they have already done so much in their lives, and grown so much in both body and mind.

Main Event

Tell the children to share their thoughts only if they are comfortable doing so. Ask for some of the challenges that they have already faced in their lives: broken bones, moving house, death of a loved one or pet, starting a new school, making friends, special educational needs.

Show them a picture of a cake - or bring one in! What goes into it? What's the process? Ask what might happen if not enough water gets added, or too much egg, or it isn't baked properly in the oven. Ask as well how big a cake needs to be in order to taste good.

Explain that cakes come in all manner of shapes and sizes, but how they taste is always key. For a cake to succeed, it needs the right ingredients, the right process, and plenty of care and attention.

Remind the children of the assembly topic, and ask why you might have been talking about a cake. After their responses, clarify that children also come in numerous shapes and sizes, but what really matters is who they are. This comes from their experiences, from the people who support and guide them and from their response to difficulties. Also important is the food they choose to eat and the impact it has on their body.

Remind them that, whatever challenges they may face, there are always people who are there to help and want to help.

Singing The Song

Introduce the song, explaining how it symbolises our own development. We start off not knowing very much and maybe feeling that everyone else knows more, but then we grow. We get bigger physically and our knowledge and skills and capabilities get bigger, helped by our teachers, parents and friends.

Reflection

Let us think about how we have grown as people, our bodies and our minds. Think about all you have learned since the day you started school and be proud of who you have become and are becoming.



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Sheet Music - p59 • CD Vocal Track - 10 • CD Backing Track - 25

VERSE ONE

A tiny little acorn
Fell to the ground below,
And looking up it realised
How much it had to grow.
The other trees were so mature
And oh so very tall,
And little acorn felt so small.

CHORUS

It's only growing pains,
Whenever you're uneasy,
Growing pains,
Or feeling rather queasy,
Look around and you will find
We all have growing pains of some kind.

VERSE TWO

The tiny little acorn
Grew roots into the ground.
The nutrients and moisture led
Its branches to abound.
It reached up to the sunshine
And it soaked up the rainfall,
And soon began to feel less small.

CHORUS

It's only growing pains,
Whenever you're uneasy,
Growing pains,
Or feeling rather queasy,
Look around and you will find
We all have growing pains of some kind.

VERSE THREE

An acorn to a sapling,
From sapling to a tree,
And finally a mighty oak
For everyone to see
How nurturing, encouraging support
For one and all,
Will help us all to feel so tall.

CHORUS

It's only growing pains,
Whenever you're uneasy,
Growing pains,
Or feeling rather queasy,
Look around and you will find
We all have growing pains of some kind.

