

Growing Up: The Journey Ahead

Learning objective: To identify the physical, emotional, and social changes that occur as we grow from children into young adults.

Leo the Lion is writing a poem about the journey of growing up. Look at the list of changes below and sort them into the correct 'Growth Category' box. Some changes might fit into more than one, so think carefully about how they affect your life!

Word bank: Learning to manage your own money · Growing taller · Understanding more complex emotions · Developing new skills and hobbies · Your voice changing · Taking on more responsibility at home · Building deeper friendships · Growing stronger muscles

1. Sort the items from the word bank into these three categories: Physical Changes, Emotional/Social Changes, and Responsibility Changes. (6 marks)

2. Leo says, 'Growing up means we can do more things for ourselves.' Can you give an example of a task you can do now that you couldn't do when you were four years old? (2 marks)

3. Why do you think it is important to talk to a trusted adult, like a teacher or parent, when you have questions about growing up? (2 marks)

4. Max the Monkey is saving his pocket money. If he has £5.00 and spends £2.50 on a new notebook, how much does he have left? Why is managing money a sign of growing up? (2 marks)

5. Reflect: What is one positive thing you are looking forward to about being older? (1 mark)

Draw: Draw a 'Growth Timeline'. At one end, draw yourself as a baby or toddler, and at the other end, draw a version of yourself as an adult. In the middle, draw three things you are learning to do right now, such as learning to cook, learning to ride a bike, or learning to be a good friend.



Extension challenge: Write a short letter to your 'future self' describing one skill you hope to have mastered by the time you leave primary school. Think about how your responsibilities might change by then!