

Growing Up: My Changing Journey

Learning objective: To understand the physical and emotional changes that happen as we grow, and to recognise how to manage new responsibilities.

Read each question carefully. Use your best handwriting and explain your answers clearly. You have 25 marks available.

As we grow from children into young adults, our bodies and minds go through many changes. Nova the owl notices that her feathers are changing colour as she matures, while Max the monkey finds he is learning to solve more complex maths puzzles than he could a year ago. Growing up is a natural process that happens to everyone. It brings new freedoms and new things to think about, like keeping clean, managing our feelings, and being kind to ourselves when we face challenges.

Word bank: Independence · Responsibility · Puberty · Emotion · Resilience · Hygiene · Support · Change

1. Name two physical changes that might happen to a human as they grow from a child into a teenager. (2 marks)

2. Why is personal hygiene (like brushing teeth or washing regularly) more important as our bodies grow and change? (2 marks)

3. Max the monkey has been given the responsibility of looking after his own school bag and homework folder. Give two examples of how he can show he is being responsible. (2 marks)

4. Sometimes, growing up can feel confusing or overwhelming. List three people you could talk to if you felt worried about a change. (3 marks)

5. What does the word 'independence' mean to you, and why is it an important part of growing up? (3 marks)

6. Nova the owl feels frustrated because she cannot do a task as quickly as she used to. Explain how she can use 'resilience' to help her keep going. (3 marks)

7. Imagine you are writing a letter to your future self when you are an adult. What are three things you hope to have achieved or learned by then, and how will you prepare for those changes starting now? (5 marks) (5 marks)

8. If a friend is feeling worried about growing up, what is one kind thing you could say to them to help them feel better? (5 marks)

Draw: Draw a picture of yourself in the future. Include one thing you are doing that shows you have more responsibility than you have now.

A large, empty rectangular box with a thin black border, intended for a drawing of a person in the future.

Extension challenge: Total: /25. Write a short poem about the excitement of growing up, similar to the style Leo the lion writes. Use at least three words from the word bank.