

Growing Up: My Journey of Change

Learning objective: To identify and describe the physical and emotional changes that happen as we grow from children into adults.

Follow the drawing steps below to create a timeline of your own growth. Think about how your abilities, feelings, and body change over time.

Draw: Divide your paper into three vertical sections. In the first section, draw yourself as a toddler. In the middle section, draw yourself as you are now in Year 4. In the final section, draw a 'future version' of yourself. For each drawing, include one item that represents something you enjoy doing at that age (e.g., a favourite toy, a school book, or a tool for a future job). Use labels from the word bank to describe the changes you have drawn.



Label words: Independence · Responsibility · Physical growth · Confidence · New skills · Emotions · Personal goals

Steps:

1. List two physical changes that happen to a human body as they grow from a child into an adult.
2. Describe one new responsibility you have now that you are in Year 4 compared to when you were in Reception.
3. Why is it important to celebrate the different stages of growing up?

4. Look at your drawing. Choose one word from the word bank and explain why it relates to your 'Adult Self'.
5. Write down one skill you are currently learning that will help you when you are older.