

Growing Up: Changes and New Responsibilities

Learning objective: To understand that growing up involves physical, emotional, and social changes, and to identify how our responsibilities increase as we get older.

Read each question carefully and write your answers in the space provided. Think about the advice Pip the bookworm and Nova the owl might give about taking on new challenges.

As we grow from children into young adults, our bodies change, our feelings become more complex, and we gain more independence. This process is a natural part of life. With this growth comes the chance to take on new responsibilities at home, at school, and in our community, helping us become more confident and capable individuals.

Word bank: independence · responsibility · emotions · milestones · development · resilience

1. Identify two physical changes that happen to humans as they grow from childhood into adulthood. (2 marks)

2. Give an example of a new responsibility you have now in Year 4 that you did not have when you were in Reception class. (2 marks)

3. Explain why it is normal to sometimes feel worried or nervous when facing a new change, such as moving to a new school year or learning a difficult new skill. (2 marks)

4. List three ways you can show 'independence' at home. (3 marks)

5. If a friend is feeling sad because they find a new task difficult, what kind and encouraging thing could you say to them to help them show resilience? (2 marks)

Draw: Draw a picture of yourself in ten years' time. In your drawing, include one activity or hobby you enjoy now and one new responsibility you think you might have when you are older.

A large, empty rectangular box with a thin black border, intended for a drawing of the student in ten years' time.

Extension challenge: Write a short letter to your future self. What is one piece of advice you would give to your future self about staying kind and curious as you continue to grow up?