

Growing Up: My Journey of Change

Learning objective: To understand the physical and emotional changes that happen as we grow from children into adults and how to manage these changes confidently.

Key Vocabulary

Use this vocabulary that to help you discuss how we change over time. The terms are grouped into 'Physical Growth', 'Emotional Changes', and 'Taking Responsibility'.

Why is it importa...	Give an example ...	How does showi...
What is the differ...	How can you sh...	