

Growing Up: A New Chapter

Learning objective: To understand the physical and emotional changes that occur during the process of growing up.

Read the passage below carefully and answer the questions. Use full sentences where appropriate.

Growing up is a journey that everyone takes. As you move through Year 4, you might notice that your body is changing. You might be getting taller, or perhaps your favourite shoes don't fit anymore! These physical changes are a normal part of development. However, growing up isn't just about height. It is also about how we think and feel.

Our friend Leo the lion has noticed that as he gets older, he is able to take on more responsibility. He helps tidy his den and looks after his younger siblings, which makes him feel proud. Sometimes, growing up can feel a bit confusing. You might have big feelings that change quickly, or you might want to try things all by yourself. This is called independence. It is perfectly okay to feel excited about new challenges while also feeling a little nervous. Remember, you don't have to do it alone. Talking to a trusted adult, like a teacher or a parent, can help you understand these changes. Every step you take is a sign that you are becoming a more capable and confident version of yourself.

Word bank: milestone · independence · responsibility · emotions · development · transition

1. Name two physical changes mentioned in the text that show someone is growing up. (2 marks)

2. Who does the text suggest you should talk to if you are feeling confused about growing up? (1 mark)

3. Why might Leo the lion feel proud of himself as he grows older? (2 marks)

4. Based on the text, why is it normal to feel both excited and nervous at the same time? (2 marks)

5. Do you think growing up is more about physical changes or changes in how we think? Explain your answer. (3 marks)

Draw: Draw a picture of yourself in the future, showing one thing you are looking forward to doing when you are older.

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

Extension challenge: Write a short poem, in the style of Leo the lion, about one thing you can do now that you couldn't do when you were a baby.