

Growing Up: A Natural Adventure

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

Read the passage carefully and answer the questions below. Think about how these changes are a normal part of life for everyone.

Growing up is a journey that everyone takes. As you move through your primary school years, your body begins to prepare for the transition from childhood to adulthood. This process is called puberty. During this time, your body releases natural substances called hormones, which act like tiny messengers. These messengers tell your body to grow taller, build muscle, and change in many other ways. It is perfectly normal to notice these physical changes, such as your skin becoming oilier or your body hair starting to grow. You might also find that your emotions feel bigger or different than before; one day you might feel very happy, and the next day you might feel a little grumpy or shy. This is all part of the process. Good hygiene, such as washing regularly and using deodorant, becomes more important now because your body is developing. Remember, everyone experiences puberty at their own pace. If you ever feel worried or confused, talking to a trusted adult, like a teacher or a parent, is the best way to get support. You are not alone on this journey, and it is a positive step toward becoming the person you are meant to be.

Word bank: puberty · hormones · hygiene · emotions · development · transition

1. What is the name of the process where the body transitions from childhood to adulthood? (1 mark)

2. Name two physical changes mentioned in the text that happen during puberty. (2 marks)

3. Why does the author suggest that good hygiene becomes more important during this time? (2 marks)

4. How might someone's feelings change during puberty according to the passage? (2 marks)

5. Why is it important to talk to a trusted adult if you feel worried about these changes? Justify your answer. (3 marks)

Draw: Draw a picture of a tree growing from a small sapling into a strong, tall tree, representing how everyone grows and changes at different speeds.



Extension challenge: Write a short list of three healthy habits (such as exercise, nutrition, or sleep) that help our bodies stay strong while they are going through these big changes.