

Growing Up: My Changing Journey

Learning objective: To understand the physical and emotional changes that occur during the process of growing up and how to manage these transitions.

Read the front of each flashcard to test your knowledge about growing up. Flip the card in your mind to check if your answer matches the definition provided.

What is puberty?

A natural stage of life where a child's body begins to change and develop into an adult body.

Why is personal hygiene important as we grow?

As our bodies change, we produce more sweat and oil, so regular washing and using deodorant helps us stay clean and comfortable.

What does 'independence' mean in the context of growing up?

Doing more things for yourself, like organising your own school bag or making healthy choices without being reminded.

True or False: Everyone grows and develops at the exact same speed.

False. Everyone is unique, and people reach different stages of growth at different times.

What are emotions?

Feelings, such as happiness, frustration, or excitement, which might feel stronger as you get older.

Who can you talk to if you have questions about growing up?

Your parents, teachers, school nurses, or other trusted adults in your support network.

What is a growth spurt?

A period where your body grows in height and size much faster than usual.

What is 'self-esteem'?

How you feel about yourself and the value you place on your own personality and abilities.

Why is it important to show respect to others while they are growing up?

Everyone experiences changes differently, and being kind helps everyone feel safe and confident.

What is a 'support network'?

A group of trusted people, such as family and friends, who you can turn to for help and advice.

How can Max the monkey use math to track his growth?

By measuring his height in centimetres each year and calculating the difference to see how much he has grown.

What is the best way to handle big changes?

By talking about your feelings, asking questions, and remembering that it is a normal part of becoming an adult.