

My Growing Up Journey: A Fact-File for the Future

Learning objective: To identify how we grow and change over time and to recognize the responsibilities that come with growing up.

Use this fact-file to reflect on your journey so far. Think about the skills you have learned, the changes you have noticed, and the goals you have for your future. Max the monkey says: 'Looking back at how far you have come is a brilliant way to prepare for the challenges ahead!'

Word bank: milestone · responsibility · independence · development · achievement · confidence · nurture · transition

1. My Proudest Milestone: Describe one thing you have learned to do in the last year that you couldn't do before. (2 marks)

2. Taking Responsibility: List two ways you help out at home or school that show you are becoming more independent. (2 marks)

3. Physical and Emotional Changes: How has your body or your feelings changed as you have grown older? Think about your height, your teeth, or how you handle new emotions. (3 marks)

4. Future Goals: What is one skill or hobby you would like to master by the time you reach Year 6? (2 marks)

5. Support Network: Who are the people you can talk to if you feel worried or confused about growing up? (1 mark)

Extension challenge: On the back of this sheet, create a 'Time Capsule' list. Write down three questions you would like to ask your older self when you are in secondary school.