

Growing Up: The Journey of Change

Learning objective: To identify the physical and emotional changes that occur during the transition to puberty and recognise the importance of personal growth and self-care.

Leo the Lion is reflecting on how much he has changed since he was a cub. He knows that growing up is a natural process that happens to everyone, but it can feel a bit confusing at times. Below is a 'Growth Timeline'. Sort the milestones into the correct order (1-6) and then answer the deeper reflection questions to help Leo understand the journey of life.

Word bank: Independence · Puberty · Resilience · Responsibility · Emotions · Personal hygiene

1. 1. Sequence the following life stages from youngest to oldest by numbering them 1-6: Starting secondary school, learning to walk, becoming a toddler, entering puberty, being a newborn, and becoming an adult. (2 marks)

2. 2. Explain why it is important to develop a consistent personal hygiene routine as your body begins to change during puberty. (2 marks)

3. 3. Compare and contrast how your responsibilities might change as you move from Year 4 into Year 6. (2 marks)

4. 4. Justify your answer: Why is it common for people to experience a wider range of emotions when they are growing up compared to when they were younger? (2 marks)

5. 5. What might happen if a person tries to rush through their growing up process instead of allowing it to happen naturally? (2 marks)

6. 6. If you could give one piece of advice to a younger version of yourself about 'growing up', what would it be and why? (2 marks)

Draw: Draw a 'Growth Tree'. On the roots, draw things that stay the same about you (like your kindness or your love for reading). On the branches, draw or write new skills and changes you are looking forward to as you grow older.



Extension challenge: Write a short poem in the style of Leo the Lion about the excitement and challenges of change. Use at least three words from the word bank in your verses.