

Growing Up: My Changing Journey

Learning objective: To understand the physical, emotional, and social changes that occur as we grow, and to identify how to manage these changes positively.

Read each question carefully. Use the word bank to help you express your ideas clearly. Write in full sentences where requested.

As we grow from children into young adults, our bodies, our thoughts, and our feelings all begin to change. Pip the caterpillar has noticed that just as he must go through a transformation to become a butterfly, humans also go through significant stages of development. Growing up is not just about getting taller; it is about learning how to handle new challenges, understanding our own emotions, and becoming more independent members of our community.

Word bank: independence · responsibilities · emotions · resilience · puberty · milestones · confidence · empathy

1. Identify two physical changes that might happen to a human body as they grow from childhood into adolescence. (2 marks)

2. Nova the owl often asks why we feel different emotions as we grow. Explain why it is normal for a Year 4 pupil to experience a wider range of complex emotions than they did when they were in Reception. (3 marks)

3. Max the monkey is helping his younger cousin learn how to manage money. List two new responsibilities a person might have as they grow older that require them to handle £5 or £10 independently. (2 marks)

4. Compare and contrast how you solve a disagreement with a friend now, compared to how you might have solved it when you were five years old. (4 marks)

5. Justify why having a positive 'growth mindset' is essential when facing a task that feels too difficult to complete. (3 marks)

6. What might happen if a person ignores their changing emotions instead of talking to a trusted adult or friend about them? Explain the potential impact on their well-being. (4 marks)

7. Extended Writing Task: Write a letter to your future self in five years' time. Describe one thing you hope to have achieved, one responsibility you are looking forward to having, and one piece of advice you would give yourself about handling the challenges of growing up. (7 marks)

Draw: Draw a 'Growth Timeline' showing three milestones you have already achieved (e.g., learning to ride a bike, learning to read, helping a neighbour) and one milestone you are looking forward to achieving in the future.



Extension challenge: Total: /25. Challenge: Research the concept of 'resilience'. Write a paragraph explaining how building resilience helps us navigate the transition from primary to secondary school.