

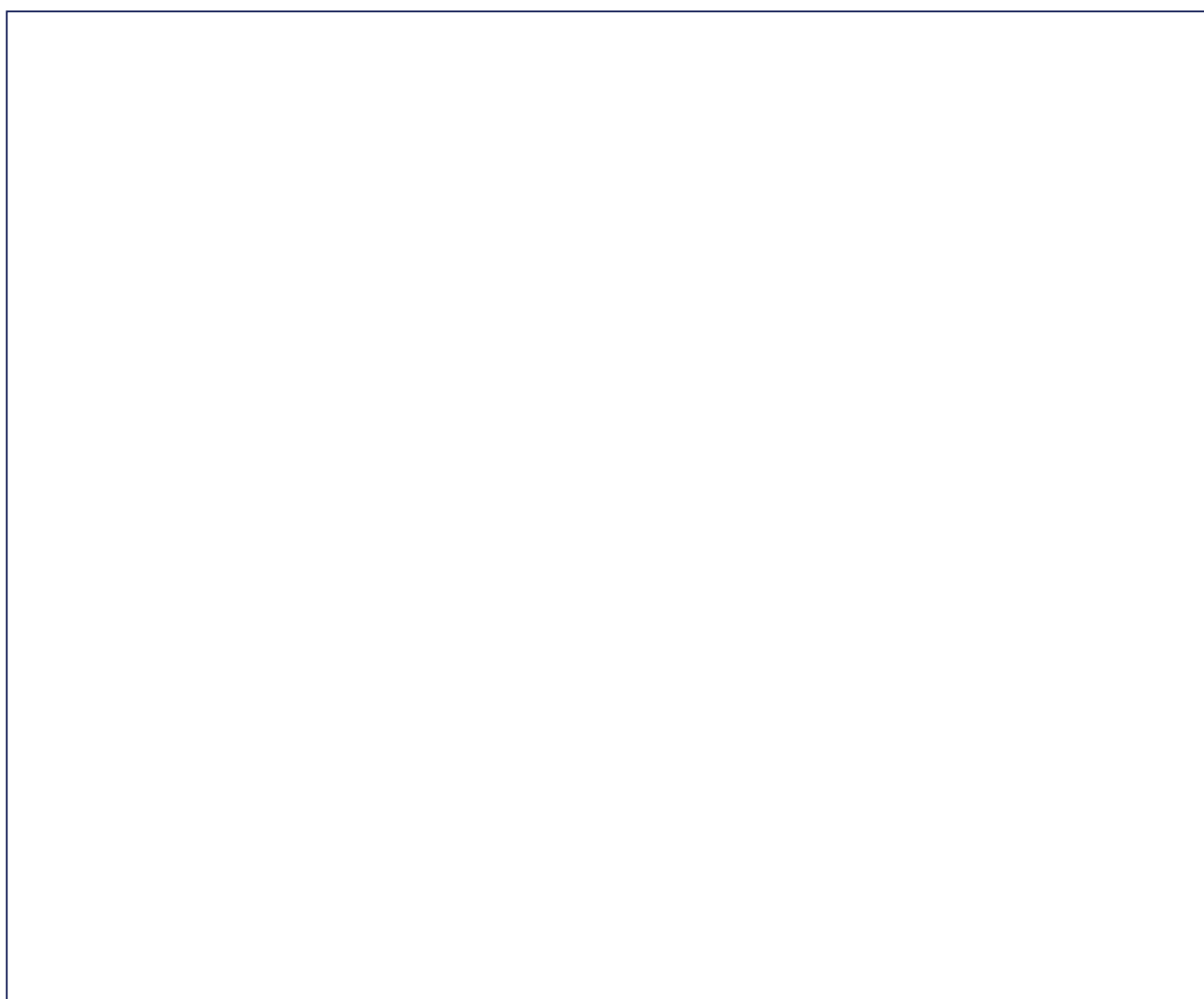
My Journey of Growth: A Self-Reflection Sheet

Learning objective: To recognise and celebrate the changes that occur during the process of growing up, including physical changes, new skills, and evolving responsibilities.

In the central space, create a visual timeline of your life. Use the prompts below to guide your drawing.

Reflect on how your interests, abilities, and responsibilities have changed as you have grown from a baby to the person you are today.

Draw: Draw a three-part 'Growth Timeline' horizontally across the page. In the first section, draw yourself as a younger child learning a basic skill. In the middle section, draw yourself now in Year 4, perhaps reading a book with Pip or stargazing with Nova. In the final section, draw a 'future version' of yourself achieving a dream or learning a complex new hobby. Use a clear, detailed style and include speech bubbles showing what you might be thinking or saying in each stage.



Label words: Independence · Resilience · Responsibility · Milestones · Aspirations · Development · Transition · Confidence

Steps:

1. Explain why taking on new responsibilities, such as helping with chores, is an important part of growing up.

2. Compare and contrast the skills you had when you were in Year 1 to the skills you possess now in Year 4. What has changed?
3. Justify why it is important to show resilience when learning a new, difficult skill.
4. What might happen if you were given all the responsibilities of an adult while still being a child? Explain your reasoning.
5. Label your drawing with three of the words from the word bank to show how they relate to your personal growth.
6. Identify one goal you have for your final year of primary school and explain how you plan to achieve it.