

Growing Up and Changing: A Journey with Nova and Friends

Learning objective: To understand the physical and emotional changes that occur during growth, recognise personal responsibilities, and identify strategies for managing new feelings.

Read each flashcard carefully. Nova the owl is here to help you reflect on your own journey as you grow from a child into a young adult. Think about how your responsibilities and feelings have changed over the last year.

Independence

The ability to make your own choices and take care of yourself without needing help for everything. As you grow, you gain more independence by managing your own school equipment or helping with chores at home.

Responsibility

Being accountable for your actions and the tasks you have been given. Growing up means taking more responsibility for your learning, your belongings, and how you treat others.

Puberty

A natural stage of development where a child's body begins to change and mature into an adult body. It involves physical changes and new hormones that can affect how you feel.

Emotions

The complex feelings we experience, such as joy, frustration, or nervousness. During growth, your emotions may feel more intense or changeable, which is a normal part of development.

Resilience

The ability to 'bounce back' after facing a challenge or a difficult situation. Developing resilience helps you handle the ups and downs of growing up.

Transition

The process of changing from one stage to another. Examples include moving from Year 3 to Year 4, or preparing for secondary school later on.

Self-esteem

How much you value and respect yourself. Having healthy self-esteem means recognising your unique strengths and knowing your worth, even when things are tricky.

Peer Pressure

When you feel pushed by friends or classmates to behave in a certain way or make a choice you might not otherwise make. It is important to know how to make your own decisions.

Personal Hygiene

Habits like brushing your teeth, showering, and wearing clean clothes that keep your body healthy and comfortable as it changes.

Confidence

A feeling of trust in your own abilities. Growing up often involves stepping out of your comfort zone to try new things and build your confidence.