

Growing Up: My Journey and Future

Learning objective: To understand the physical and emotional changes associated with growing up, including puberty, increased responsibilities, and personal development.

Read each question carefully. Answer in full sentences where required. Remember to think about how our bodies and feelings change as we transition from childhood towards our teenage years.

As we move through Year 5 and look towards Year 6 and beyond, our bodies begin a natural process called puberty. This is a time when our bodies change, our emotions can feel more intense, and we start to take on more responsibilities at home and at school. Understanding these changes helps us to stay healthy, confident, and kind to ourselves and others.

Word bank: puberty · independence · responsibilities · emotions · hygiene · hormones · resilience · well-being

1. Nova the Owl is curious about changes. Define the term 'puberty' in your own words. (2 marks)

2. List two examples of personal hygiene habits that become increasingly important as children grow older. (2 marks)

3. Max the Monkey is learning about responsibility. Explain why having more responsibilities can help a person prepare for adulthood. (3 marks)

4. Growing up can sometimes lead to 'mood swings' caused by hormones. Describe one strategy you could use to manage your feelings if you are feeling overwhelmed or frustrated. (3 marks)

5. Leo the Lion believes that friendship changes as we grow. How might expectations of friendship be different for a 10-year-old compared to a 5-year-old? (4 marks)

6. Imagine you are writing a letter to your 'future self' at age 16. Describe three changes you expect to have experienced by then (physical, emotional, or social) and one goal you hope to have achieved. Explain why these changes are a normal part of life. (11 marks)

Draw: Draw a 'Growth Map'. In the centre, draw yourself today. Around the outside, draw or label three things you are looking forward to doing when you are older (e.g., learning a new skill, travelling, or taking on a specific responsibility).

Extension challenge: Total: /25