

Growing Up: New Adventures

Learning objective: To understand the physical and emotional changes that occur during the transition to adolescence.

Read the passage below carefully and answer the questions. Use full sentences where appropriate.

As we move through Year 5, Nova the owl often reminds our group that change is a natural part of life. Growing up is not just about getting taller or needing new school shoes; it is a time of significant transition. Our bodies begin to change, preparing us for the challenges of becoming teenagers. These physical shifts are perfectly normal, though they can sometimes feel a little strange or confusing. Alongside these physical changes, our feelings often grow too. You might find that you care more about your friendships, or perhaps you feel a sudden urge to make your own choices and show more independence at home. It is common to feel a mix of excitement about the future and a little bit of nervousness about the unknown. Remember, everyone grows at their own pace. Whether you are ready to tackle bigger responsibilities or you simply enjoy learning new hobbies, every step forward is a positive part of your unique story. Being kind to yourself and others is the best way to navigate these exciting years.

Word bank: adolescence · responsibility · independence · emotions · development · transition

1. According to the passage, what are two examples of physical changes mentioned that show we are growing up? (2 marks)

2. What does Nova the owl suggest about the nature of change in our lives? (2 marks)

3. Why might a person feel both excited and nervous at the same time during this stage of life? (2 marks)

4. Based on the text, what does 'everyone grows at their own pace' mean? (2 marks)

5. Do you think it is important to talk to friends or adults about the changes you are experiencing? Explain why. (2 marks)

Draw: Draw a picture of a 'Growth Tree'. On the roots, write things you are proud of from your past. On the trunk, write things you are currently learning, and on the branches, write three goals you have for your future.



Extension challenge: Write a short poem or paragraph describing one new responsibility you would like to take on this year and why it makes you feel more independent.