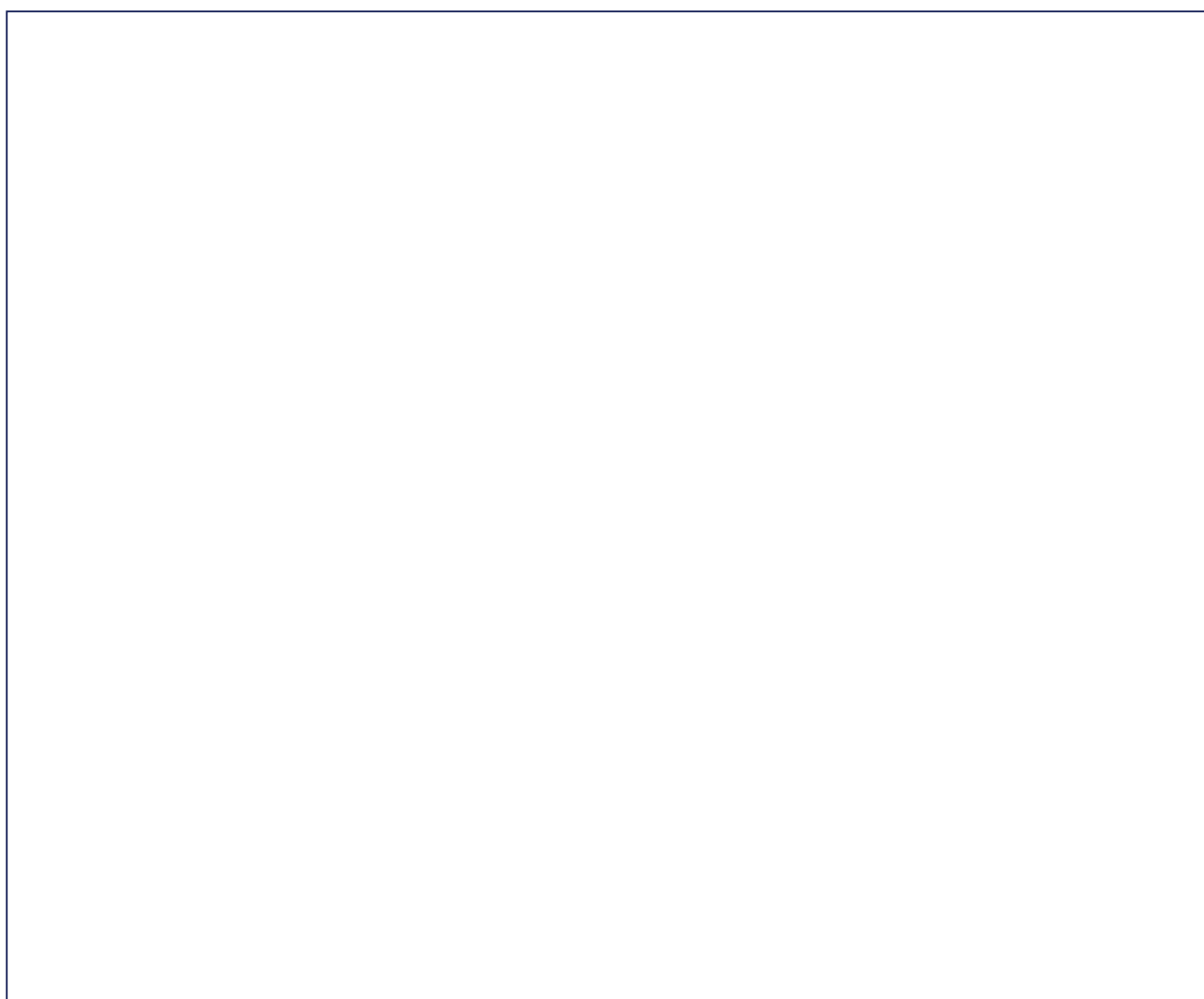


Growing Up: My Future Journey

Learning objective: To identify the physical, emotional, and social changes that occur as we grow from childhood into adulthood and reflect on our own goals.

Use this sheet to illustrate your growth journey. Think about how you have changed since you were a baby, and what exciting changes you anticipate as you move towards Year 6 and beyond. Add labels from the word bank to show your understanding of these changes.

Draw: Draw a large 'Growth Tree' in the centre of the page. The roots should represent your past (things you have learnt as a child). The trunk should represent your current self in Year 5. The branches should reach out to represent your future goals and the person you want to become. Include drawings of things that represent your growth, such as books, sports equipment, or symbols of kindness. Use a bright, positive colour palette. Label your tree using at least four words from the word bank.



Label words: Independence · Responsibility · Confidence · Puberty · Empathy · Resilience · Skills · Ambition

Steps:

1. List two physical changes that happen to humans as they grow from childhood to adulthood.
2. How does your responsibility change as you get older? Give one example.
3. Why is it important to show empathy towards others as we grow up?

4. Choose one word from the word bank and explain why it is important for someone growing up.
5. Identify one new skill you have learnt this year that you feel proud of.