

My Growing Up Fact-File: A Journey to the Future

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

Hello! I am Leo the lion, and today we are thinking about the journey of growing up. As we change, our responsibilities and feelings grow too. Use this fact-file to explore how you have changed, what you are learning now, and the person you hope to become. Write in full sentences and be honest about your thoughts and feelings.

Word bank: Independence · Responsibility · Puberty · Transition · Emotions · Resilience · Maturity · Development · Personal goals · Confidence

1. Reflecting on the Past: Describe one thing you are able to do now, at age 9 or 10, that you found difficult or impossible when you were five years old. (2 marks)

2. Physical and Emotional Changes: Growing up means our bodies and our feelings change. List two ways you think your life might be different when you are a teenager compared to now. (2 marks)

3. Building Resilience: Growing up can sometimes feel tricky. Write about a time you faced a challenge and how you used your personal strengths to overcome it. (3 marks)

4. Future Aspirations: What is one skill or positive character trait you would like to develop as you continue to grow and become more independent? (2 marks)

5. Supporting Others: How can you show kindness or support to a friend who might be finding the changes of growing up a little bit worrying? (2 marks)

Extension challenge: Imagine you are writing a letter to yourself in five years' time. What advice would you give your future self about staying true to who you are?