

Growing Up: My Changing Journey

Learning objective: To understand the physical, emotional, and social changes that occur as we grow from childhood towards adolescence.

Read each question carefully and write your answers in the spaces provided. Think about how your own experiences and responsibilities have changed over the last few years.

As we grow, our bodies and minds change in many ways. We gain more independence, take on new responsibilities, and learn how to manage complex feelings. These changes are a natural part of moving from Year 5 towards secondary school.

Word bank: Independence · Responsibility · Puberty · Emotions · Relationships · Maturing · Self-esteem

1. Max the monkey has noticed he is now able to solve much harder maths puzzles than when he was in Year 3. List two new responsibilities you have at home or at school now that you are in Year 5. (2 marks)

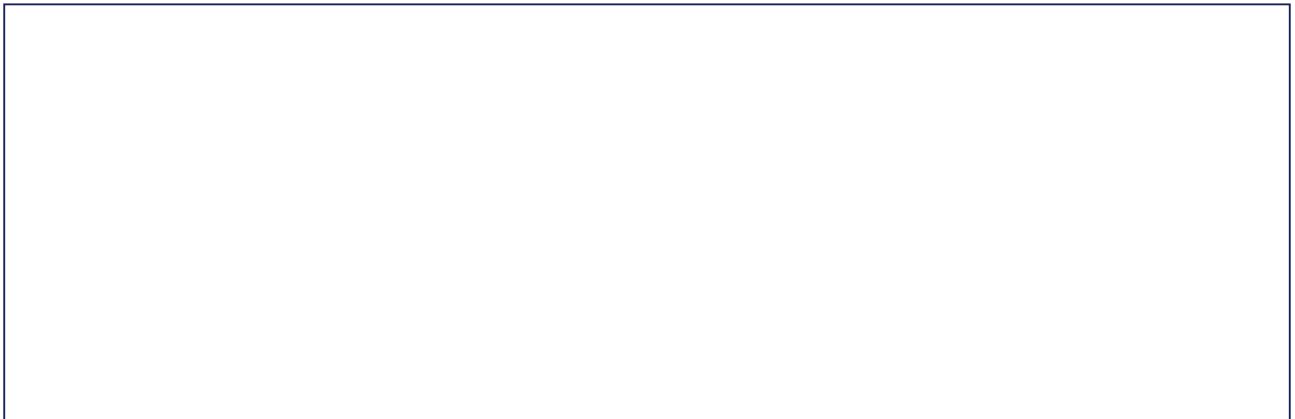
2. Nova the owl says that growing up involves 'emotional changes'. Explain what it means to manage your emotions when you feel frustrated or upset. (2 marks)

3. How do friendships and relationships with others change as children get older? Give one example of a positive change. (2 marks)

4. Physical growth is a big part of puberty. Why is it important to maintain good personal hygiene, such as showering regularly, as our bodies start to change? (2 marks)

5. Leo the lion believes that setting personal goals helps us grow. Write down one goal you have for yourself for when you reach Year 6 and explain why it is important to you. (3 marks)

Draw: Draw a 'Growth Tree'. On the roots, draw things that have stayed the same about you (like your favourite hobby). On the branches, draw new things you can do or new responsibilities you have taken on this year.



Extension challenge: Write a short letter to your 'future self' who will be starting secondary school. Include three pieces of advice about how to handle the changes you are currently learning about.