

Growing Up: The Changing Journey

Learning objective: To understand the physical and emotional changes that happen during puberty and recognise that these changes are a normal part of growing up.

Leo the Lion is helping his friends understand how they grow from cubs into adults. Read the list of changes below and sort them into the correct 'Growth Category' by writing them in the correct column: Physical Changes (body changes you can see) or Emotional/Personal Changes (how you might feel or think).

Word bank: Growing taller · Feeling a wider range of emotions · Skin becoming oilier · New interests and hobbies · Hair growth in new places · Wanting more independence · Voice deepening or changing · Sweating more

1. Sort the eight items from the word bank into two columns: 'Physical Changes' and 'Emotional/Personal Changes'. Explain why it is normal to feel nervous about these changes. (6 marks)

2. Leo the Lion says that everyone grows at their own pace. Why is it important not to compare your growth to others? (2 marks)

3. If you feel worried about a change happening to your body, who are three trusted adults you could speak to at home or school? (3 marks)

4. Puberty involves keeping our bodies clean as they change. List two ways to maintain good personal hygiene during this time. (2 marks)

5. True or False: Only some people go through puberty when they get older. Explain your answer. (2 marks)

Draw: Draw a 'Confidence Tree'. On the roots, draw things that make you feel happy and safe. On the branches, write three positive qualities about yourself as you grow up, such as 'I am becoming kinder' or 'I am getting better at solving problems'.



Extension challenge: Write a short, encouraging poem in the style of Leo the Lion about the excitement of growing up and becoming a more independent version of yourself.