

Growing Up: My Personal Journey

Learning objective: To understand the changes that happen during puberty and how to manage them with confidence.

Read the opening passage and use the questions below to create a helpful guide about growing up. Use the word bank to help connect your ideas.

As we move through Year 4 and beyond, our bodies and feelings start to change in many different ways as we head towards puberty.

Word bank: furthermore · on the other hand · in addition · consequently · it is normal to · as time passes · supportive · confidence · wellbeing

1. Physical Changes: What are some of the physical changes that happen as our bodies grow? Start your answer with: During puberty, it is natural for the body to... (2 marks)

2. Managing Hygiene: Why is it important to have a good hygiene routine as we get older? Start your answer with: To stay clean and comfortable, it is important to... (2 marks)

3. Emotional Wellbeing: How might our feelings change and how can we manage these new emotions? Start your answer with: Sometimes my feelings might feel stronger, so I can... (2 marks)

4. Seeking Support: Who are the trusted adults you can talk to if you have questions about growing up? Start your answer with: If I feel worried or have questions, I know I can talk to... (2 marks)

5. Positive Outlook: How can we support our friends during this time of change? Start your answer with: Being a kind friend means that I will... (2 marks)

Extension challenge: Write a short 'Top Tips' list for a younger student who is nervous about growing up. Include three pieces of advice about staying healthy and being kind to yourself.