

Growing Up: My Journey of Change

Learning objective: To identify the physical, emotional, and social changes that occur as we grow, and to understand how to manage these transitions with confidence.

Key Vocabulary

Use this vocabulary that to help you discuss your personal growth. The terms are categorised into 'Physical Changes', 'Emotional Wellbeing', and 'Growing Independence'.

Explain why pers...	Compare and con...	Justify why havi...
What might happ...	How can develop...	Why is it importa...