

Growing Up: Changes and New Responsibilities

Learning objective: To identify the physical and emotional changes associated with growing up and to understand how our responsibilities increase as we become more independent.

Read each question carefully and use your knowledge of personal development to provide thoughtful, well-reasoned answers. Remember to use the vocabulary provided where appropriate.

As we progress through Class 4, we are moving closer to the transition into upper key stage two. Growing up is a natural process involving physical growth, changes in how our bodies function, and the development of more complex emotions. With this growth comes an increase in the choices we make and the responsibilities we hold at home and at school.

Word bank: independence · responsibility · maturity · puberty · transition · emotions · resilience · milestone

1. Max thinks that growing up is just about getting taller. Explain why growing up is also about emotional and social maturity, using at least two examples. (2 marks)

2. List three new responsibilities you have now that you are in Class 4 compared to when you were in Year 1. Why do you think adults give children more responsibility as they age? (3 marks)

3. Nova mentions that growing up can sometimes feel confusing. Describe two ways you can manage your emotions when you are feeling overwhelmed by a new challenge. (2 marks)

4. Compare and contrast the needs of a baby with the needs of a nine-year-old child. How does the level of independence differ between the two? (3 marks)

5. Justify your answer: Is it better to be independent or to ask for help? Explain how finding a balance between the two shows personal growth. (3 marks)

Draw: Draw a 'Path of Growth'. At the bottom, draw yourself as a younger child with one responsibility. At the top, draw yourself as an older student with three new responsibilities you hope to have in the future.



Extension challenge: What might happen if a person was given adult-level responsibilities before they were ready? Write a short reflection on why 'readiness' is an important part of the journey toward adulthood.