

Growing Up: My Changing Story

Learning objective: To reflect on personal growth, identify changes as we mature, and articulate future aspirations with maturity and confidence.

Use this scaffold to reflect on how you have changed since you were younger and what you look forward to as you grow older. Use the word bank to help your writing flow, and remember to use full sentences.

As I look back at how much I have grown, I realise that growing up is not just about getting taller, but about discovering who I am becoming.

Word bank: Previously · Furthermore · Consequently · In contrast · Developing · Gaining independence · A significant milestone · Adapting to · Looking ahead

1. Reflecting on your past: How have your interests or skills changed since you were in Year 1? Start with: Looking back at my earlier years, I have noticed that... (2 marks)

2. Identifying growth: Explain why taking on more responsibility at home or school is an important part of growing up. Start with: Taking on new responsibilities is a vital step because... (3 marks)

3. Comparing and contrasting: Compare your current abilities with those you hope to have in secondary school. Start with: Whilst I am currently confident in my ability to..., I look forward to... (3 marks)

4. Justifying your feelings: Explain why it is normal to feel both excited and a little nervous about the future. Start with: It is perfectly natural to feel a mixture of emotions because... (3 marks)

5. What might happen if you set a clear goal for yourself today? How would this help your personal development? Start with: If I set a goal to..., it would help me grow by... (4 marks)

6. Creative conclusion: Describe the person you hope to be in five years. Start with: In the future, I hope to be known for my... (2 marks)

Extension challenge: Write a 'Letter to my Future Self'. Include one piece of advice you would give your future self, and explain why you think that advice will still be relevant when you are older. Justify your reasoning using examples from your own experiences.