

Growing Up: The Journey Ahead

Learning objective: To understand the physical and emotional changes associated with puberty and recognise that these changes are a natural and healthy part of growing up.

Below is a 'Sorting and Reflecting' activity. Sort the following experiences into two categories: 'Physical Changes' (changes to the body) and 'Emotional/Social Changes' (changes to feelings and relationships). After sorting, use the reflection questions to think critically about your own growth journey.

Word bank: Growth spurts · Increased independence · Developing body hair · Changing moods · New skin care needs · Valuing friendships · Deeper voice · Developing empathy

1. Sort the items from the word bank into 'Physical Changes' or 'Emotional/Social Changes'. Explain why you chose the category for 'Changing moods'. (4 marks)

2. Puberty affects everyone differently and at different times. Why is it important to respect that everyone develops at their own individual pace? (2 marks)

3. Max the monkey is worried that he feels 'grumpier' than he used to. Based on what you know about puberty, how would you reassure him? (2 marks)

4. Compare and contrast the needs of a younger child (aged 5) with those of a person going through puberty regarding their daily hygiene routine. (3 marks)

5. Justify this statement: 'Communication is the most important tool for navigating the changes of puberty.' (3 marks)

6. What might happen if a person going through puberty felt they had no trusted adults to talk to? Explain the potential impact on their well-being. (3 marks)

Draw: Draw a 'Growth Map' for a character like Nova the owl. Show different 'milestone' signs of growing up along the path, such as learning new skills, becoming more independent, or understanding new feelings.



Extension challenge: Write a short, empathetic letter from the perspective of an older sibling to a younger child who is nervous about growing up. Include three pieces of advice about how to handle the changes of puberty with kindness towards oneself.