

Growing Up: A Big Adventure!

Be proud of who you are and excited for who you will become!

- Growing up means your body changes in many ways, like getting taller and stronger.
- It is normal to have new and different feelings as you get older.
- With growing up comes more responsibility, like looking after your own things.
- You will develop new skills and find things you are really good at doing.
- Everyone grows at their own pace, and that is perfectly okay.

Did you know? Did you know? As you grow, your bones actually get stronger and your brain makes new connections every single day. Just like Nova the owl learning to fly, growing up is a natural part of life for everyone!

Key vocabulary: Independence · Responsibility · Change · Puberty · Emotion · Growth