

Growing Up: The Great Life Cycle Quiz

Learning objective: To understand the physical and emotional changes that happen as we grow from children into adults, and to recognise how our responsibilities change over time.

Join Nova the owl and Leo the lion on a journey through the stages of life! Read each question carefully and circle the best answer. Remember, growing up is a unique adventure for everyone.

Answer Key: 1.C, 2.True, 3.Responsibility, 4.B, 5.False, 6.A, 7.True, 8.Development, 9.C, 10.True. Growing up involves physical, emotional, and social changes. As we gain more independence, we also take on more responsibility for our own wellbeing and our impact on others.

Word bank: Independence · Responsibility · Puberty · Development · Emotions · Adulthood · Milestones

1. 1. What is the term for the natural process of physical changes that happens when children transition into teenagers? A) Shrinking B) Freezing C) Puberty* D) Hibernating (1 mark)

2. 2. True or False: Everyone grows and develops at exactly the same speed and at the same time. (1 mark)

3. 3. As you get older, you are often given more chores or tasks at home. What is this word that starts with 'R'? (1 mark)

4. 4. Which of these is an example of an emotional change when growing up? A) Growing taller B) Feeling a wider range of complex feelings* C) Getting new teeth D) Developing a deeper voice (1 mark)

5. 5. True or False: Once you become an adult, you stop learning new things entirely. (1 mark)

6. 6. What is a 'milestone' in terms of growing up? A) A significant stage or event in your development* B) A heavy rock C) A race you run D) A type of school (1 mark)

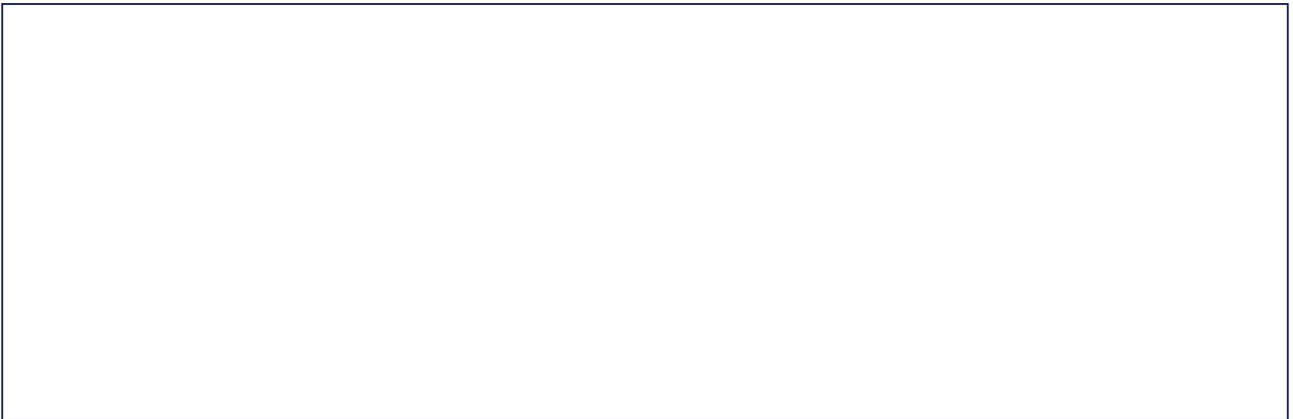
7. 7. True or False: It is normal to feel nervous or excited about the changes that come with growing up. (1 mark)

8. 8. Fill in the blank: The scientific term for the process of changing and maturing is _____. (1 mark)

9. 9. Which of these is a healthy way to manage big emotions? A) Keeping them hidden B) Shouting at others C) Talking to a trusted adult* D) Ignoring the problem (1 mark)

10. 10. True or False: Making healthy choices now, like eating well and exercising, helps your body as you grow. (1 mark)

Draw: Draw a 'Path of Growth'. At the start, draw yourself as you are now. At the end of the path, draw a version of yourself in the future, including three things you hope to have achieved or learned by then.



Extension challenge: 1. Explain why it is important for different people to grow at different rates. 2. Compare and contrast how your responsibilities today differ from when you were in Year 1. 3. Justify why communication is essential when dealing with the challenges of growing up. 4. What might happen if we did not have trusted adults to talk to about our development? 5. Reflect on a time you felt a 'milestone'—how did it change your perspective? 6. If you could design a guide for a younger child about growing up, which three pieces of advice would you include and why?