

Growing Up: My Personal Journey

Learning objective: To identify how we change as we grow and to set personal goals for the future.

Use this fact-file to reflect on your own development. Think about the skills you have learned, how your body has changed, and what you are looking forward to in the future. Be honest and thoughtful in your answers.

Word bank: development · independence · resilience · milestone · maturity · responsibility · ambition · perspective

1. Reflecting on your past: Describe one skill you found difficult to master when you were younger, but can do with ease now. How did you feel when you finally succeeded? (2 marks)

2. Physical and emotional changes: Explain why growing up involves more than just getting taller. What are some of the ways your personality or interests have changed since you were in Year 1? (3 marks)

3. Responsibility: Compare and contrast the responsibilities you have now at age 8 or 9 compared to when you were a toddler. Why do you think these responsibilities are important? (3 marks)

4. Future goals: Justify your choice of one new skill or hobby you would like to master before you leave primary school. Why is this goal meaningful to you? (2 marks)

5. Hypothetical scenario: What might happen if we stopped growing or learning new things after the age of nine? Discuss the impact this would have on our ability to solve problems. (3 marks)

6. Self-assessment: Identify one area where you have shown great resilience recently. How did this experience help you grow as an individual? (2 marks)

Extension challenge: Imagine you are writing a letter to your future self in ten years' time. Write a paragraph explaining the values you hope to hold as an adult and describe how you plan to contribute positively to your community.