

Growing Up: The Journey of Change

Learning objective: To understand the physical and emotional changes that happen as we grow from children into adolescents, and how to manage these changes with confidence.

Nova the owl is helping us understand how we change over time. Look at the list of changes below and sort them into two categories: 'Physical Changes' (things you can see happening to your body) and 'Emotional/Social Changes' (things you feel or how you relate to others). Write the letter of each item under the correct heading in your notebook.

Word bank: A: Growing taller · B: Feeling more independent · C: Skin becoming more oily · D: Developing new interests · E: Voice getting deeper · F: Understanding complex friendships · G: Hair growing in new places · H: Having more responsibilities

1. Sort the items A-H into the two categories: Physical Changes and Emotional/Social Changes. Explain why it is normal for these changes to happen at different times for different people. (4 marks)

2. Nova asks: Why is it important to talk to a trusted adult if you feel worried about the changes happening to your body? (2 marks)

3. Give one example of a 'responsibility' that you have now as a Grade 4 student that you did not have when you were in Year 1. (1 mark)

4. How might your friendships change as you grow older and develop your own unique personality and hobbies? (2 marks)

5. If a friend is feeling embarrassed about growing up, what is one kind or encouraging thing you could say to them? (2 marks)

Draw: Draw a 'Growth Timeline' showing three things you have learned to do or understand since you started primary school.



Extension challenge: Write a short letter to your future self in Year 7. Include one question you have about growing up and one thing you are looking forward to achieving by the time you leave primary school.