

Growing Up: My Changing Journey

Learning objective: To understand how we change as we grow and the responsibilities that come with getting older.

Read each question carefully. Use the word bank to help you with your answers. Write your sentences clearly.

As we move through Year 4, we grow in many ways. We learn new things, our bodies get bigger, and we become better at managing our feelings. Growing up means we can do more things by ourselves and help others more.

Word bank: independent · responsibility · emotions · healthy · change · support · skills

1. 1. Name one new skill you have learned this year that makes you more independent. (2 marks) (2 marks)

2. 2. Why is it important to eat healthy food and exercise as we grow? (3 marks) (3 marks)

3. 3. If you feel a big emotion like sadness or worry, who are two people you can ask for support? (2 marks) (2 marks)

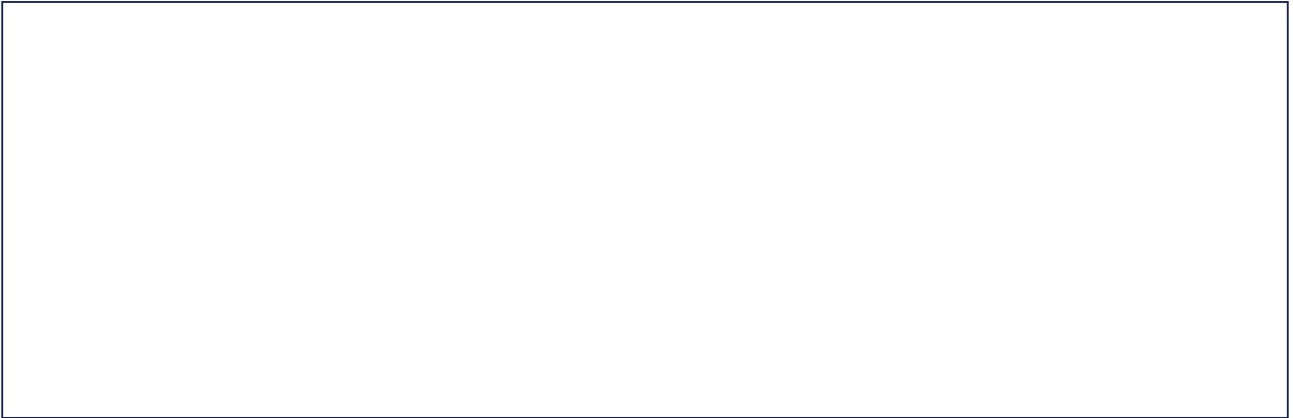
4. 4. List two jobs or responsibilities you have at home or at school that show you are growing up. (4 marks) (4 marks)

5. 5. Think about the future. Write a short paragraph about one thing you are excited to do when you are older and why it is important to be kind to others as we grow. Use the sentence starter: 'When I am older, I am excited to...' (5 marks) (5 marks)

6. 6. Max the monkey says: 'Growing up is like solving a puzzle.' What do you think he means? (4 marks) (4 marks)

7. 7. Give an example of a positive change you have noticed in yourself since you started school. (5 marks) (5 marks)

Draw: Draw a picture of yourself doing something you couldn't do when you were younger, like riding a bike, reading a long book, or helping a friend.



Extension challenge: Total: /25. Imagine you are a mentor for a younger child. Write three pieces of advice you would give them about growing up.