

Growing Up with Max and Ellie

Learning objective: To understand how we change as we grow up and the new responsibilities that come with it.

Read the questions on the front of the cards. Think about how you have changed since you were a baby. Write your answers in the spaces provided below.

What is a physical change that happens as you grow from a baby to a child?

You grow taller and your body gets stronger.

What is an example of a new responsibility you have at age 8 or 9?

Helping with chores or looking after your own school bag.

How can you show kindness when a friend is feeling sad about a change?

By listening to them and being a good friend.

What is a new skill you have learned this year?

(Example: Learning to swim, ride a bike, or play an instrument.)

Why is it important to talk about your feelings as you grow up?

It helps you understand yourself and get help when you need it.

What does the word 'independence' mean?

Doing things for yourself without needing help all the time.

Max the monkey wants to learn something new. What is a goal you have for this year?

(Example: To read a long book or learn a new maths skill.)

How does your brain change as you grow older?

You can solve harder puzzles and remember more information.

Who can you talk to if you are worried about growing up?

A trusted adult like a teacher or a parent.

True or False: Everyone grows at the exact same speed.

False. Everyone grows at their own special pace.