Growing Up: The Changing Journey

Learning objective: To understand the physical and emotional changes that happen during puberty and recognise that it is a natural part of human development.

Below is a list of changes that can happen during puberty. Your task is to sort these into three categories: 'Physical Changes', 'Emotional Changes', and 'Changes for Everyone'. Write the correct label next to each statement. If you think a change applies to everyone, label it 'Changes for Everyone'.

Word bank: Physical Changes · Emotional Changes · Changes for Everyone

1. 1. Growing taller and your body shape changing. (1 mark)

2. 2. Feeling a wider range of emotions or mood swings. (1 mark)

3. 3. Needing to take more responsibility for personal hygiene, such as using deodorant. (1 mark)

4. 4. Skin becoming oilier, which may lead to spots. (1 mark)

5. 5. Becoming more aware of your own feelings and wanting more independence. (1 mark)

6. 6. Why is it important to talk to a trusted adult, like a parent, teacher, or school nurse, if you have questions about these changes? (2 marks)

Draw: Draw a picture of Nova the owl looking at a constellation in the night sky. Around the stars, write three things you can do to take care of yourself as you grow up, such as 'eating healthy food', 'getting enough sleep', or 'keeping clean'.

Extension challenge: Write a short, encouraging note to your future self about one thing you are looking forward to as you grow older. Remember, everyone grows at their own pace, and that is perfectly okay!