

Growing Up: Understanding Puberty with Nova and Leo

Learning objective: To understand the physical and emotional changes that happen during puberty and why these changes are a natural part of growing up.

Use this writing frame to explore the changes that happen during puberty. Think about how Nova (our owl who loves science) would look at the facts, and how Leo (our lion who writes poetry) would describe the feelings. Answer the questions below to build your own guide to growing up.

Growing up is a journey that everyone experiences, and while it might feel like a big change, it is a completely normal part of life.

Word bank: hormones · transition · natural process · physical changes · emotional wellbeing · furthermore · consequently · in addition to · on the other hand · self-confidence

1. Scientific Facts: Nova says puberty is all about hormones. What are some of the physical changes that happen to both boys and girls during this time? Start your answer by saying: 'During puberty, the body begins to change in several ways, such as...' (2 marks)

2. Emotional Changes: Leo mentions that our feelings can change too. Why is it normal to feel a mix of emotions during puberty? You could start with: 'It is common to experience a range of emotions because...' (2 marks)

3. Hygiene Habits: As we grow, our bodies have new needs. Why is it important to take extra care of our personal hygiene? Think about what you have learned about daily routines. Start with: 'Maintaining good hygiene is important because...' (2 marks)

4. Seeking Support: Who are the trusted adults you can talk to if you have questions about growing up? Start with: 'If I have questions or feel unsure, I know I can speak to...' (2 marks)

5. Reflecting on Growth: How does it feel to know that these changes are a sign of becoming more independent? Start with: 'Although change can sometimes feel strange, I feel positive about growing up because...' (2 marks)

Extension challenge: Write a short, encouraging letter to a friend who might be worried about these changes. Use the word bank to help explain that everyone grows at their own pace.