

The Path to Independence: Growing Up with Nova and Max

Learning objective: To identify the physical, emotional, and social changes that occur as we grow from children into adolescents and young adults.

Nova the owl and Max the monkey are discussing how life changes as we get older. Look at the list of 'Milestones and Changes' below. Sort these into three categories: 'Physical Changes', 'Emotional/Social Changes', and 'New Responsibilities'. Write the item under the correct heading and then answer the reflection questions.

Word bank: Increased independence · Growth spurts · Developing personal values · Managing your own pocket money of £5 a week · Changing relationships with friends · Puberty · Taking on household chores · Developing new skills and hobbies · Hormonal changes · Learning to resolve conflicts

1. Choose one item from 'New Responsibilities'. Explain why taking on this responsibility is a sign of growing maturity. How does it help you prepare for adult life? (3 marks)

2. Compare and contrast how children and adults might handle a disagreement. Justify why communication skills become more important as we age. (3 marks)

3. What might happen if someone avoids their new responsibilities as they grow up? Discuss the potential impact on their future independence. (2 marks)

4. Nova notes that emotional changes are just as significant as physical ones. Explain why it is normal to experience a wide range of feelings during this stage of development. (2 marks)

5. Max thinks that managing a budget of £10 for a day out is a great way to learn independence. If you had £10, how would you allocate it for a trip to the local park, including travel and food? Show your maths. (3 marks)

6. Reflect on your own journey. Identify one skill you have mastered in the last year that shows you are becoming more independent. (1 mark)

Draw: Draw a 'Path of Growth' timeline. Start at the bottom left with a picture of yourself as a toddler, and finish at the top right with a version of yourself as an adult, adding illustrations of at least three milestones you hope to achieve along the way.



Extension challenge: Write a short letter to your 'future self' who is now 18 years old. Include three pieces of advice you would give them about staying true to their values and handling the challenges of adulthood with kindness and resilience.