

Navigating the Journey of Growing Up

Learning objective: To understand the physical and emotional changes associated with growing up and the importance of personal responsibility.

Read the following passage carefully, then answer the questions that follow. Ensure your answers are supported by evidence from the text.

Growing up is a significant transition that every person experiences. As you move through your final years of primary school, you may notice that your body is changing and your thoughts are becoming more complex. Nova the owl often reminds us that growth is not just about getting taller; it is about the expansion of your mind and the way you process the world. During this stage of development, children often seek more independence. You might find yourself wanting to manage your own schedule, contribute to household chores, or make decisions about how to spend your pocket money, perhaps choosing to save £5.00 for a long-term goal rather than spending it immediately. These choices reflect a growing sense of responsibility. It is perfectly natural to feel a mixture of excitement and nerves during this time. Remember that your feelings are valid. Developing resilience—the ability to bounce back from challenges—is a key part of maturing. By reflecting on your experiences and talking to trusted adults, you can navigate these changes with confidence, knowing that your unique journey is shaped by the choices you make every single day.

Word bank: transition · independence · resilience · responsibility · perspective · emotional · development

1. According to the text, what are two examples of gaining more independence? (2 marks)

2. How much money does the text suggest saving as an example of responsible decision-making? (1 mark)

3. Explain why the author describes growing up as 'not just about getting taller'. (2 marks)

4. What might happen if someone chooses not to develop resilience when facing a difficult challenge? (2 marks)

5. Do you agree that gaining more responsibility is the most important part of growing up? Justify your answer using your own perspective. (3 marks)

Draw: Draw a 'Growth Tree'. In the roots, label the values that help you grow (like kindness or patience). In the branches, draw images representing the things you are looking forward to as you grow older.



Extension challenge: Compare and contrast the challenges of being a Year 5 student with those of a younger child. Write a short, persuasive paragraph advising a Year 3 pupil on how to handle the emotional changes of growing up.