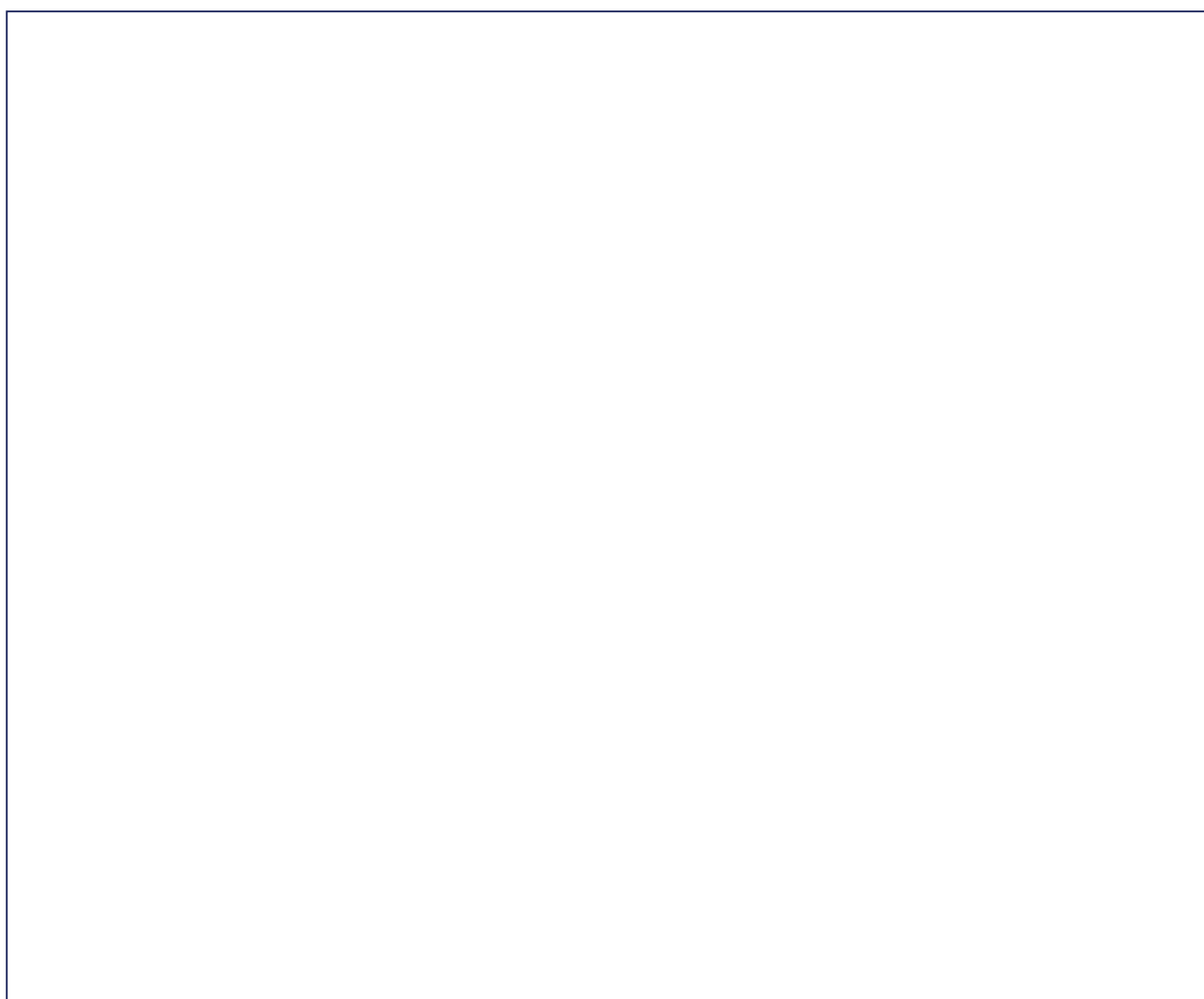


My Path to the Future: Growing Up

Learning objective: To identify the physical, emotional, and social changes that occur as we grow, and to reflect on personal aspirations for the future.

Use this sheet to illustrate your journey from childhood towards adulthood. Think about the changes you have already noticed and the goals you hope to achieve. Follow the steps below to complete your diagram.

Draw: Draw a large, winding path that begins at a small sapling and leads to a tall, sturdy tree. At the start of the path, illustrate yourself as you were in Year 1. At the end of the path, draw a silhouette of your future self. Fill the space around the path with bubbles or clouds that contain illustrations of your current hobbies, your future aspirations, and the people who support your growth. Use a clear, illustrative style with labels from the word bank to annotate your drawing.



Label words: Independence · Responsibility · Puberty · Resilience · Ambition · Self-esteem · Empathy · Transition

Steps:

1. Step 1: Draw a timeline across the bottom of the page. Label three significant milestones you have already achieved and explain why they were important to your personal development.
2. Step 2: Label the 'Bridge of Growth' in your drawing with three skills you possess now that you did not

have when you were five years old.

3. Explain why it is important to develop resilience when facing the physical and emotional changes that happen during puberty.

4. Compare and contrast how your responsibilities might change between being in Year 5 and being a young adult. Justify your answer with an example.

5. What might happen if someone chooses to ignore their emotional wellbeing while focusing only on physical growth? Suggest two strategies for maintaining a healthy balance.

6. Reflect on your personal goals. If you were to give advice to your future self in ten years, what core value would you want them to keep, and why?