

My Journey: Growing Up and Looking Ahead

Learning objective: To identify the physical and emotional changes that occur during puberty and understand how to manage personal growth with confidence.

Use this diary-entry style template to reflect on your own growth and development. Think about how your body and your feelings are changing as you approach your teenage years. Refer to the word bank to help you express your ideas clearly and maturely. Max the monkey is here to remind you that every step of growing up is a puzzle you are learning to solve!

Word bank: puberty · independence · responsibility · emotions · hormones · hygiene · resilience · maturity · wellbeing · perspective

1. Physical Changes: Describe two ways your body is changing and explain why good hygiene habits are essential during this time. (3 marks)

2. Emotional Landscape: Compare and contrast how you express your feelings now compared to when you were in Year 1. How has your perspective changed? (3 marks)

3. Independence and Responsibility: Justify why taking on more responsibility at home or school is a vital part of growing up. (2 marks)

4. Social Connections: Explain why your friendships might start to feel different as you grow older. How can you maintain positive relationships? (3 marks)

5. Managing Challenges: What might happen if you feel overwhelmed by the changes happening to you? List three strategies you can use to support your wellbeing. (3 marks)

6. Future Vision: Look ahead to Year 7. What are you most looking forward to, and what skills are you developing now to help you succeed then? (2 marks)

Extension challenge: Write a short poem in the style of Leo the Lion about the transition from childhood to adolescence. Use the word bank to incorporate at least three key terms, and focus on the concept of 'resilience' as you navigate these changes.