

Growing Up: Changes and New Horizons

Learning objective: To identify the physical, emotional, and social changes that occur as we grow towards puberty, and to understand how to manage these transitions with confidence.

Read each question carefully and provide thoughtful, detailed responses. Use the word bank to help structure your answers where appropriate.

As we journey through Year 5 and beyond, our bodies and minds begin to grow in new ways. This is a natural, healthy process that everyone experiences. Pip the caterpillar has grown from a tiny larva into a chrysalis, and soon will be a butterfly, while Leo the lion has grown from a cub into a steady, thoughtful leader. Just like them, you are developing new skills, changing your outlook on life, and learning how to navigate the world with greater self-awareness.

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

1. Explain why personal hygiene becomes increasingly important as our bodies begin to change during puberty. How can maintaining a routine boost your confidence? (2 marks)

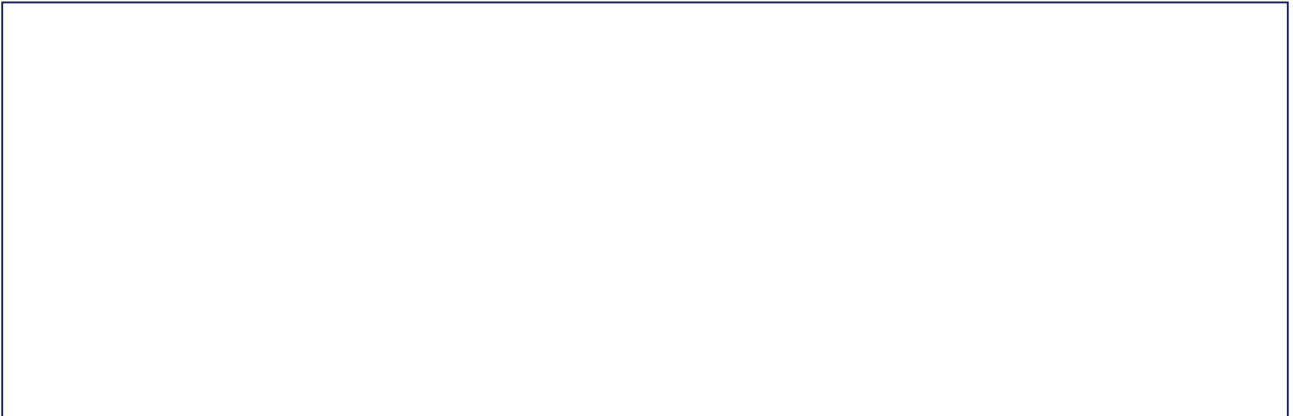
2. Max the monkey says that growing up is like solving a complex maths puzzle. Describe two new responsibilities you have gained since starting Year 5 and explain how they help you develop independence. (2 marks)

3. Compare and contrast how your friendships might change as you get older. Why might your interests or the way you communicate with peers evolve over time? (2 marks)

4. Emotions can sometimes feel like a rollercoaster during this stage of life. Justify why it is important to talk to a trusted adult, such as a teacher or family member, when you feel overwhelmed. (2 marks)

5. What might happen if you viewed a challenge or a physical change as a positive opportunity for growth rather than something to worry about? Explain your reasoning. (2 marks)

Draw: Draw a 'Growth Tree'. On the roots, write three things that keep you grounded (e.g., family, hobbies). On the branches, write three new responsibilities or skills you hope to develop as you grow older.



Extension challenge: Write a short, reflective poem in the style of Leo the lion about the excitement and nervousness of growing up. Include at least four words from the word bank and describe one specific strategy you can use to stay resilient when facing a new life challenge.