

Growing Up: Changes and Choices

Learning objective: To understand that our bodies change as we grow up and identify ways to stay healthy and confident during puberty.

Max the monkey is learning that growing up is a normal part of life. Look at the list of changes and healthy habits below. Sort them into the correct columns in the table. Use the word bank to help you.

Word bank: body hair · deodorant · mood swings · showering · growing taller · brushing teeth

1. Copy the words from the word bank into the correct column: 'Physical Changes' (happening to your body) or 'Healthy Habits' (things you do to look after yourself). (6 marks)

2. Max feels a bit worried about these changes. Write one sentence to explain why it is normal for everyone to grow up at different times. (2 marks)

3. Who is a trusted adult you could talk to if you have a question about growing up? (For example: a teacher, a parent, or a doctor). (1 mark)

4. If you are feeling grumpy or sad, what is one thing you can do to feel better? (Example: talk to a friend or go for a walk). (2 marks)

Draw: Draw a picture of yourself doing something that makes you feel happy and confident, like playing a sport, reading a book, or drawing a picture.

A large, empty rectangular box with a thin black border, intended for a drawing.

Extension challenge: Write down one positive thing you are looking forward to about being older.