

Growing Up: My Changing Body

Learning objective: To understand the physical and emotional changes that happen during puberty.

Read each question carefully. Use the word bank to help you spell tricky words. If you need more space, use the back of the page.

Max the monkey is growing up! He has noticed his body is changing. He is learning that everyone grows at different speeds. It is important to stay clean, be kind to yourself, and talk to a trusted adult if you have questions.

Word bank: Puberty · Hygiene · Emotions · Growth · Deodorant · Independent · Respect · Changes

1. 1. What is the name for the time in our lives when our bodies begin to change into adult bodies? (1 mark) (1 mark)

2. 2. List two things you can do to look after your personal hygiene while you are growing up. (2 marks) (2 marks)

3. 3. Sometimes, people feel many different emotions during puberty. Name two emotions someone might feel. (2 marks) (2 marks)

4. 4. Why is it important to remember that everyone grows at a different speed? (3 marks) (3 marks)

5. 5. Think about the changes you might experience. Why do we need to be kind and show respect to others during this time? (4 marks) (4 marks)

6. 6. Imagine a friend is worried about growing up. Write a short note to them. Include: - Why changes are normal. - Who they can talk to for help. - One kind thing to say. (8 marks) (8 marks)

Draw: Draw a picture of Max the monkey doing something that makes him feel happy and healthy, like playing a sport or washing his hands.



Extension challenge: Write one question you would like to ask a trusted adult about growing up. Total: /25