

Growing Up with Nova and Max

Learning objective: To understand that puberty is a normal part of growing up and to recognise physical changes.

Hello! Nova the owl and Max the monkey are here to help you learn about growing up. Read each question carefully. Use the word bank if you get stuck. Write your answers in the boxes.

Answer Key: 1. A, 2. True, 3. False, 4. B, 5. True, 6. Changes, 7. A, 8. True, 9. Puberty, 10. B.

Word bank: Puberty · Hygiene · Healthy · Changes · Growing

1. 1. What do we call the time when our bodies change from children to adults? A) Puberty* B) Sleeping C) Reading D) Playing (1 mark)

2. 2. True or False: Everyone grows and changes at their own speed. (True/False) (1 mark)

3. 3. True or False: Puberty is a scary thing that only happens to some people. (True/False) (1 mark)

4. 4. What is a good way to stay clean as our bodies change? A) Not washing B) Washing daily* C) Staying dirty D) Never brushing (1 mark)

5. 5. True or False: It is normal to have lots of different feelings when growing up. (True/False) (1 mark)

6. 6. Fill in the blank: Growing up means our bodies go through many _____. (1 mark)

7. 7. Who can you talk to if you have questions about growing up? A) A trusted adult* B) No one C) A stranger D) A wall (1 mark)

8. 8. True or False: Eating healthy food helps our bodies grow well. (True/False) (1 mark)

9. 9. Which word means the process of becoming an adult? (Puberty/Maths) (1 mark)

10. 10. What should you do if you feel worried about changes? A) Hide it B) Ask for help* C) Run away D) Ignore it (1 mark)

Draw: Draw a picture of yourself doing something you love, like playing a sport, reading, or drawing, to show that you are healthy and happy.

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

Extension challenge: Write down two things you are looking forward to about being older. Use this sentence starter: 'When I am older, I am looking forward to...'