

Growing Up: My Personal Fact-File

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

Hello! I am Nova the owl. Everyone grows up in their own special way. Use this fact-file to learn about the changes that happen during puberty. Think about how to take care of yourself. Read the word bank if you need help with spelling.

Word bank: puberty · hygiene · healthy · growth · changes · confidence · emotions · exercise

1. What is puberty? (Hint: Use the word 'changes' in your answer.) (2 marks)

2. List two ways you can keep your body clean and fresh every day. (2 marks)

3. How might someone feel when they are growing up? (You can list more than one feeling.) (2 marks)

4. Who is one trusted adult you can talk to if you have a question about growing up? (2 marks)

Extension challenge: Write down one thing you are looking forward to about growing up, such as becoming more independent or learning new skills.