

Growing Up: A New Chapter

Learning objective: To understand that puberty is a natural part of growing up and involves changes to our bodies and emotions.

Read each question carefully. Use the word bank to help you complete the sentences. If you need help, talk to your teacher or a trusted adult.

Nova the owl is learning that all living things grow and change. As we move towards being teenagers, our bodies go through a special process called puberty. This is a normal part of life that helps us become adults.

Word bank: puberty · growing up · changes · healthy · hygiene · emotions

1. 1. What is the name of the process that happens when our bodies start to change as we grow up? (1 mark)

2. 2. List two things that might happen to our bodies during this time (for example, getting taller or skin changes). (2 marks)

3. 3. Why is it important to have good hygiene, like washing more often, during puberty? (2 marks)

4. 4. Complete this sentence: 'It is normal to have different _____ during puberty, like feeling happy, sad, or confused.' (1 mark)

Draw: Draw a picture of yourself doing something you love, like playing a sport, reading, or drawing. Above your head, draw a speech bubble that says: 'I am proud of my body because...'

A large, empty rectangular box with a thin black border, intended for a student to draw a picture of themselves doing an activity they love.

Extension challenge: Think of one person you trust (like a parent, teacher, or older relative) you could talk to if you have any questions about growing up.