

Growing Up: My Changing Body

Learning objective: To understand how our bodies change during puberty and how to look after ourselves.

Read the sentence below. Use the sentence starters to help you write your own thoughts. Use the word bank to help you spell tricky words. Take your time and be kind to yourself.

As we get older, our bodies begin to change in many different ways as we start to grow up.

Word bank: growing up · healthy · puberty · changes · exercise · hygiene · important · different · friends · feelings

1. What are some of the physical changes that happen to our bodies during puberty? Start your sentence with: During puberty, my body might... (2 marks)

2. Why is it important to keep good hygiene, like washing more often? Start your sentence with: It is important to wash because... (2 marks)

3. How can you look after your body while it is growing? Start your sentence with: To stay healthy, I should... (2 marks)

4. Who can you talk to if you have a question about growing up? Start your sentence with: If I am worried or have a question, I can talk to... (2 marks)

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