

Growing Up: The Great Transformation Quiz

Learning objective: To understand the physical and emotional changes that occur during puberty and recognise that these changes are a normal part of human development.

Join Nova the owl and Leo the lion on an exploration of growing up. Read each question carefully and select the best answer. Remember, everyone grows at their own unique pace!

Answer Key: 1. A*, 2. True, 3. Hormones, 4. C*, 5. False, 6. Hygiene, 7. B*, 8. True, 9. True, 10. D*. Note to teacher: Ensure a supportive environment for discussion. Remind pupils that variation in growth rates is completely normal and that these changes are a natural part of becoming an adult.

Word bank: Puberty · Hormones · Hygiene · Emotional · Development · Independent · Confidence · Changes

1. 1. What is the name for the period when a child's body begins to change into an adult body? A) Infancy B) Puberty* C) Retirement D) Toddlerhood (1 mark)

2. 2. True or False: Everyone starts puberty at exactly the same age. (1 mark)

3. 3. What are the chemical messengers in the body that trigger the physical changes during puberty? (1 mark)

4. 4. Which of the following is a common physical change during puberty? A) Growing a tail B) Turning into a different animal C) Growing hair in new places* D) Shrinking in height (1 mark)

5. 5. True or False: It is unusual or 'wrong' to feel different emotions, such as mood swings, during puberty. (1 mark)

6. 6. What is the term for the daily habits we use to keep our bodies clean, such as showering more often and using deodorant? (1 mark)

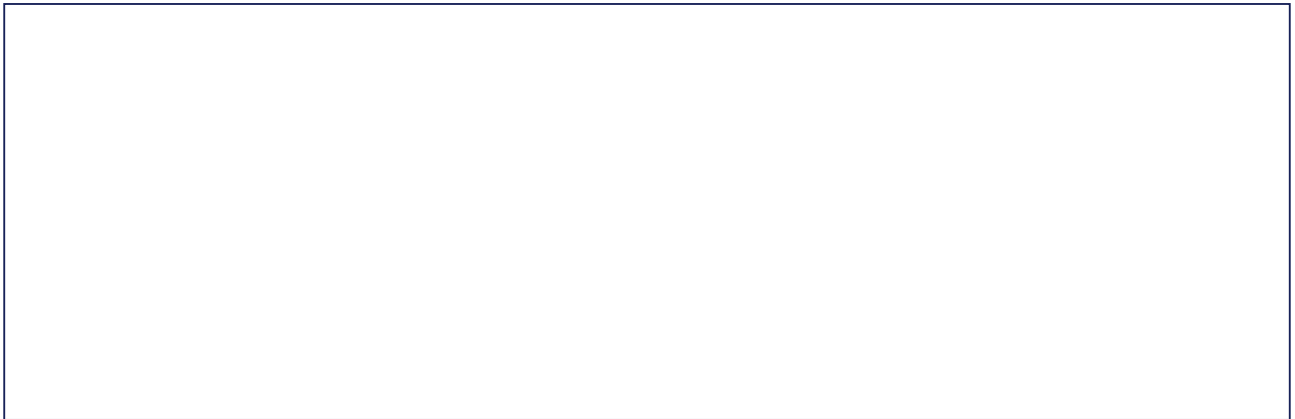
7. 7. How can you best support a friend who is feeling worried about growing up? A) Tease them B) Listen kindly and reassure them that changes are normal* C) Ignore them D) Tell them to stop talking about it (1 mark)

8. 8. True or False: It is important to talk to a trusted adult, such as a parent, teacher, or school nurse, if you have questions about puberty. (1 mark)

9. 9. True or False: Puberty affects both boys and girls. (1 mark)

10. 10. Why is it important to maintain good personal hygiene during puberty? A) To impress teachers B) To save money C) Because clothes fit better D) Because the body produces more sweat and oils* (1 mark)

Draw: Draw a 'Growth Tree'. On the roots, write three things that stay the same about you as you grow (e.g., your kindness, your hobbies). On the branches, write three new things you might experience or learn as you grow into an adult.



Extension challenge: 1. Explain why individual differences in the timing of puberty are perfectly natural and healthy. 2. Compare and contrast physical changes with emotional changes; why might emotional changes feel more 'invisible' to others? 3. Justify why it is important to develop a routine of personal hygiene at this age. 4. What might happen if a person felt they had no one to talk to about the changes they were experiencing? 5. How can having a positive attitude towards growing up help someone navigate these changes with more confidence? 6. Design a 'Growth Guide' leaflet for a Year 4 pupil, explaining that growing up is a positive adventure.