

Growing Up: Understanding Puberty with Nova the Owl

Learning objective: To identify and describe the physical and emotional changes that occur during puberty and understand how to manage these changes with confidence.

Nova the Owl is helping us learn about the natural process of growing up. Use this writing frame to explore the changes that happen during puberty. Think carefully about your own journey and how you can support yourself and others during this time.

As we move through Year 5 and beyond, our bodies and minds begin a natural and significant process known as puberty.

Word bank: Furthermore · In addition · Consequently · On the other hand · Significant · Hormones · Emotional well-being · Hygiene · Confidence · Maturing · Individuality · Resilience

1. Physical Changes: What are some of the visible physical changes that occur during puberty, and why is it important to maintain good personal hygiene during this time? (2 marks)

2. Emotional Shifts: How might a person's feelings or moods change during puberty, and how can we justify the importance of being kind to ourselves and others during these moments? (2 marks)

3. Support Systems: Who are the trusted adults you can talk to if you have questions about growing up? Explain why it is helpful to seek advice from reliable sources. (2 marks)

4. Comparing Experiences: Compare and contrast the way different people might experience puberty. Why is it important to remember that everyone matures at their own individual pace? (3 marks)

5. What might happen if someone feels embarrassed about the changes they are going through? How could a friend provide positive support in this situation? (3 marks)

6. Reflective Goal Setting: Looking ahead, what is one positive habit you can develop now to help you feel confident and healthy as you continue to grow? (2 marks)

Extension challenge: Imagine you are writing a letter to your 'future self' who is two years older. Describe three pieces of advice you would give yourself about handling the changes of puberty with grace and resilience. Use the richer vocabulary from the word bank to explain your reasoning.