Growing Up: The Journey Ahead

Learning objective: To identify the physical, emotional, and social changes that occur as we grow from children into young adults.

Leo the Lion is writing a poem about the journey of growing up. Below is a list of changes that happen during puberty and adolescence. Sort these items into the correct categories: 'Physical Changes', 'Emotional Changes', or 'Social Changes'. Write the number of the item in the correct column on your chart.

Word bank: Growing taller · Becoming more independent · Feeling a wider range of emotions · Voice deepening · Developing new interests and hobbies · Skin becoming more oily · Spending more time with friends · Hair growth in new areas

1. 1. Why is it normal for two friends to grow at different speeds during their time in secondary school? Explain your answer. (2 marks)

2. 2. List one physical change that both boys and girls might experience during puberty. (1 mark)

3. 3. How does becoming more independent change the way you might spend your weekend compared to when you were in Year 1? (2 marks)

4. 4. Give an example of how you can look after your personal hygiene as your body changes (e.g., using deodorant or washing your face). (1 mark)

5. 5. Why is it important to talk to a trusted adult, such as a teacher or a parent, if you feel worried or confused about the changes happening to your body? (2 marks)

Draw: Draw a 'Growth Timeline' for a person. Include three 'stepping stones' representing different stages of life: Childhood, Adolescence, and Adulthood. On each stone, draw or write one thing that changes or stays the same.

Extension challenge: Write a short stanza of poetry, like Leo the Lion, about one positive thing you are looking forward to as you grow older, such as learning to drive, choosing your own subjects, or travelling to new places.