Growing Up: My Journey and Changes

Learning objective: To understand the physical, emotional, and social changes that occur as we grow from childhood into adolescence.

Read each question carefully. Use the word bank to help you with your answers. Write your responses clearly in the spaces provided.

As we grow older, our bodies and minds go through many changes. This process, often called puberty, is a natural part of becoming a teenager. During this time, it is normal to experience new feelings, shifts in moods, and a growing desire for more independence. Looking after ourselves through good hygiene and healthy habits becomes increasingly important as we prepare for the challenges and opportunities of the future.

Word bank: Puberty · Responsibilities · Independence · Emotions · Hygiene · Respect · Communication

1. Define the term 'puberty' in your own words. Why is it considered a normal part of life? (2 marks)

2. List two examples of personal hygiene habits that become more important as children grow into teenagers. (2 marks)

3. Nova the owl is feeling confused because her moods have been changing quickly lately. Give her two pieces of advice on how to manage these big emotions. (4 marks)

4. As we grow, we take on more responsibilities at home and school. Explain why having more responsibility is a sign of growing independence. (4 marks)

5. How can positive communication help you maintain strong friendships while you are going through the changes of growing up? (4 marks)

6. Extended Writing Task: Imagine you are writing a letter to your future self when you are 16 years old. Describe three things you hope to have achieved or learned about yourself by then. Think about your personal goals, your friendships, and how you handle new challenges. (9 marks)

Draw: Draw a 'Growth Map' showing three different milestones you are looking forward to as you grow older (e.g., learning a new skill, taking on a new responsibility, or starting secondary school).

Extension challenge: Total: /25