Growing Up: The Journey Ahead

Learning objective: To understand the physical and emotional changes associated with growing up and the importance of personal responsibility.

Read the text carefully and answer the questions below in full sentences.

Growing up is a journey that everyone takes, though no two paths are exactly the same. As you move through Year 5 and beyond, you will notice many changes. Physically, your body will grow taller and stronger, and you might notice new hair or changes in your skin. These are all natural signs of puberty. Alongside these physical shifts, your brain is also developing. You might find that your emotions feel bigger or more complex than they did when you were younger. Sometimes, you may feel excited about the future, while other times you might feel a little nervous about the unknown.

With growing up comes greater independence. This means you have more responsibility for your own choices, your belongings, and your friendships. Max the monkey often says that life is like a giant puzzle; as you grow, the pieces become more intricate, but you also gain the skills to fit them together. Remember, it is perfectly normal to have questions or to feel unsure at times. Talking to a trusted adult, like a teacher or parent, can help you navigate these changes with confidence and kindness.

Word bank: puberty · independence · responsibility · emotions · resilience · maturity

1. Identify two physical changes mentioned in the text that occur during puberty. (2 marks)

2. What does the text suggest you should do if you feel unsure about the changes you are experiencing? (2 marks)

3. Why might a person's emotions feel 'bigger or more complex' as they get older? (2 marks)

4. What does the phrase 'the pieces become more intricate' imply about the responsibilities of a ten-year-old compared to a five-year-old? (2 marks)

5. Do you think having more independence is a positive or negative part of growing up? Justify your answer using your own ideas. (2 marks)

Draw: Draw a picture of a tree growing from a small sapling into a large, strong tree, and label the different parts of the tree with words that represent the positive qualities you are gaining as you grow up, such as 'resilience' or 'kindness'.

Extension challenge: Write a short paragraph about one thing you are looking forward to being able to do when you are older, and explain why this shows you are becoming more independent.