My Journey of Growth

Learning objective: To identify the physical, emotional, and social changes that occur as we grow from childhood to adulthood and recognise how our responsibilities change.

Use this activity sheet to map out your own journey. Reflect on how you have changed since you were a toddler, how you are changing now in Year 5, and what you look forward to as you grow older.

Draw: Draw a 'Growth Timeline' across the centre of your page. Divide the page into three sections: 'My Past' (a memory from being very young), 'My Present' (yourself in Year 5), and 'My Future' (a goal or aspiration you have). Use a clear, comic-strip style with speech bubbles showing what you might be saying in each stage. Include illustrations of objects that represent your growth, such as a smaller pair of shoes in the past section and a book or tool in the future section.

Label words: Independence · Responsibility · Resilience · Puberty · Ambition · Confidence · Milestones · Identity

Steps:

1. Identify one physical change that happens during the transition from childhood to adolescence.
2. List two new responsibilities you have now in Year 5 that you did not have when you were in Year 1.
3. Why is it important to show kindness to yourself while your body and mind are changing?

4. Label your drawing with two words from the word bank that describe how you feel about growing up.
5. Think of a skill you have learned recently. How does learning new things help you prepare for adulthood?