My Growing Up Journey: A Reflective Fact-File

Learning objective: To identify the physical, emotional, and social changes that occur as we grow from childhood into adolescence, and to recognise how our personal goals and responsibilities evolve.

Use this fact-file to reflect on your journey so far. Think about how you have changed since you were younger, the new responsibilities you have taken on, and the goals you have for your future. Use the word bank to help you describe your feelings and experiences.

Word bank: independence · responsibility · emotions · maturity · resilience · aspirations · milestone · challenges · development

1. Looking Back: Describe one way you have changed physically or mentally since you were in Year 1. How does this make you feel? (2 marks)

2. My Responsibilities: List three tasks or responsibilities you have now that you did not have when you were younger. Why are these important for growing up? (3 marks)

3. Managing Emotions: Growing up can bring new feelings. Describe a time you felt a big emotion recently and explain the strategy you used to stay calm or handle it. (3 marks)

4. Future Aspirations: Max the monkey loves solving puzzles, and Leo the lion loves planning adventures. What is one personal goal or skill you would like to develop as you move towards secondary school? (2 marks)

5. Support Network: Identify two people (friends, family, or teachers) you can talk to if you ever feel worried or confused about the changes happening during puberty and growing up. (2 marks)

Extension challenge: Write a short letter to your future self (to be read when you are 16). Include one piece of advice about staying true to your values and one question you are curious about regarding your future life.