Growing Up: My Changing Journey

Learning objective: To understand the physical, emotional, and social changes that occur during the transition from childhood to adolescence.

Key Vocabulary

Use this word mat to help you understand the changes that happen as we grow. Terms are grouped by category: Physical Changes, Emotional Wellbeing, and Growing Independence.

Max is feeling lots…	**Explain why 'hyg…**	**What is the differ…**
If a friend tries to…	**Why is 'resilience'…**	