# Growing Up: Looking Ahead with Max and Ellie

*Learning objective: To identify the physical, emotional, and social changes that occur as we grow from children to young adults, and to recognise how to manage these transitions confidently.*

Read each question carefully. Use your knowledge of personal development and the tips from Max and Ellie to provide thoughtful answers. Remember that everyone grows and matures at their own pace.

Max the monkey is busy calculating how much he has grown this year, while Ellie the elephant is reflecting on all the new things she has learned to do independently. Growing up is a journey that involves many changes for everyone. These changes might be physical, like getting taller, or internal, like learning how to handle big feelings or taking on more responsibility at home and school.

*Word bank: independence · responsibility · puberty · emotions · maturity · friendships · resilience · wellbeing*

**1. Max is learning to take on more responsibility. List two examples of responsibilities a Year 5 student might have that they did not have when they were younger. (2 marks)**

**2. Growing up often leads to more independence. Why is it important to balance independence with asking for help when you need it? (2 marks)**

**3. Ellie says that as we grow, our friendships can change. Explain one way you can be a supportive friend to someone who is going through a difficult change. (2 marks)**

**4. Define the term 'puberty' in your own words. Why is it normal for children to reach this stage of development at different ages? (3 marks)**

**5. If you are feeling worried or confused about the changes happening as you grow, name two people or places you could go to for advice and support. (2 marks)**

**Draw: Draw a 'Growth Map'. On one side, draw yourself as you are now. On the other side, draw a version of yourself in the future, including one skill you hope to have mastered and one hobby you hope to still enjoy.**

*Extension challenge: Write a short, encouraging letter to your future self. What advice would you give to the person you will be in three years' time regarding staying kind, confident, and true to yourself?*