

GROWING UP FOR BOYS

GROWING UP

**“There is no right or wrong way to grow up!
Everyone goes through puberty in their own way, at their own time.”**

There's lots of things that will change when you grow up.
Fill in the blanks in the sentences using the list of words:

SWEAT

EMOTIONS

HAIR

BROADER

TALLER

DEEPER

1. Your voice will get
2. You will grow
3. You might get shoulders.
4. You might start feeling new
5. You might more.
6. You will start growing more

GOT A TRICKY QUESTION?

Write a question in the box, cut it out and give it to trusted adult
(it could be a family member or a teacher!)

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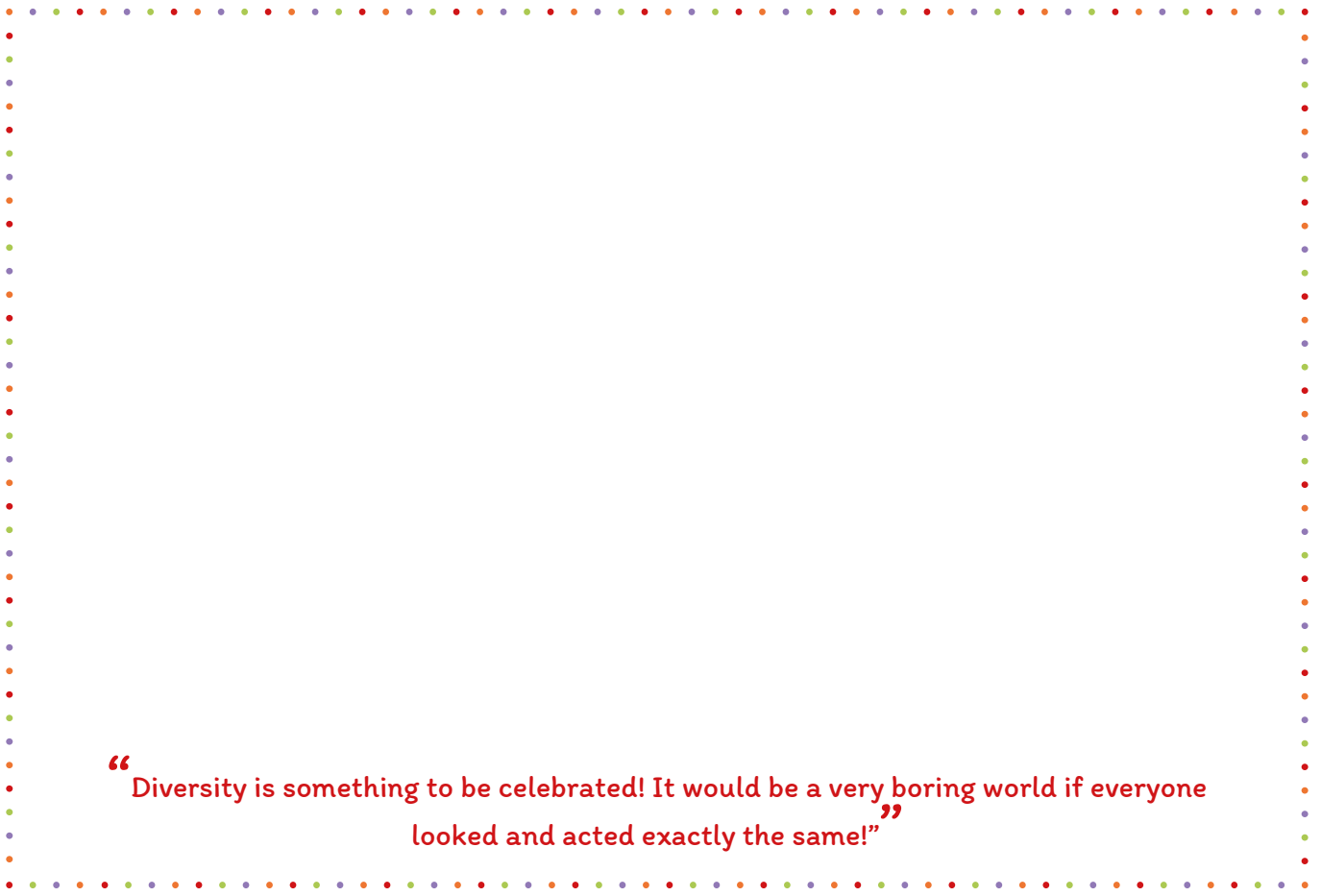
YOU DO YOU

“So here you are. Confident. Unique. Amazing you. The world is lucky to have you in it!”

Write down some things you love about yourself!

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-
-
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Draw an outline of yourself in the box below and colour yourself in with colours and patterns that reflect your personality and interests. Then write in the space around you with key words that describe your interests, hobbies, talents and achievements.



“Diversity is something to be celebrated! It would be a very boring world if everyone looked and acted exactly the same!”

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HEALTHY HABITS

“For our brilliant bodies to work as they should, we all need to do regular exercise and eat well. Eating healthy foods and keeping active means we have enough energy for our busy lives.”

Think about all the things you do to look after yourself:

Do you play any sports or enjoy a particular type of exercise? *E.g. Football, swimming, walking*

How many hours of sleep do you get? *E.g. enough to rest and recharge*

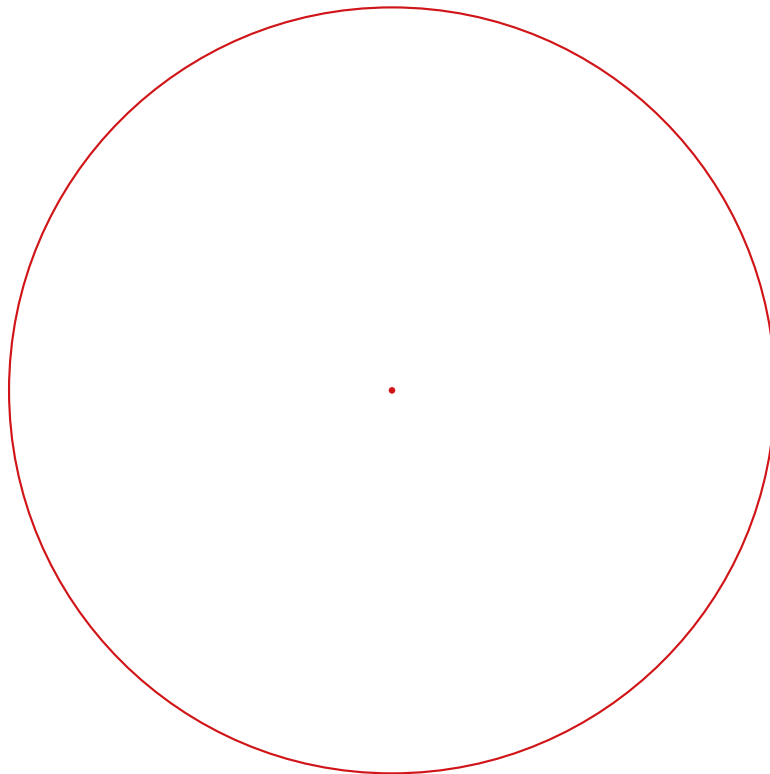
Do you have a balanced diet? *E.g. your 5 a day and you enjoy your occasional sweet treats!*

What hobbies and interests do you have? *E.g. reading, listening to music, being outdoors*

Create a pie chart in the diagram below.

Make the sections as big or small as you like and how important you think they are.

Label each section clearly by colouring in the sections, writing in keywords and drawing illustrations.



Do you think there is anything you could improve or spend more time on?

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“Top tip! Eat lots of fruits and vegetables. They’re packed with vitamins and minerals that keep your body healthy. You should aim for around five portions a day – a portion is about a handful.”