



Scenario  
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# GROWTH SPURT

*“At the beginning of the summer, my clothes fit me well, but not anymore! My parents find this amusing and say that I’m growing like a “weed”. Also, they find that I’m sleeping much longer than before... Is this normal?”*



What does this person feel?

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What are their concern?

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What can this person do for reassurance?  
What advice would you give them?

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Who could this person talk to if they have questions?

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