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Emotions and feelings

Y4-5 Lesson 4

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Learning objective

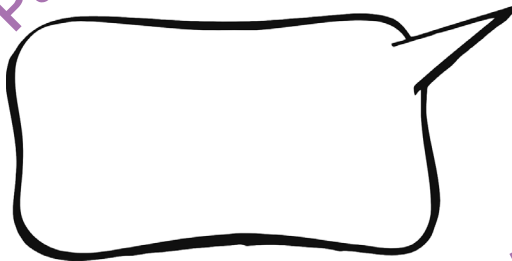
- We are learning about emotional changes during puberty

Learning outcomes

- I can identify some of the feelings experienced during puberty.
- I can describe how and why emotions can change during puberty.
- I can explain where to get help and support for managing puberty.

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Ground rules



Feelings

I used to be a really happy person, but now I sometimes feel really angry or fed up about things. Lately, I've been feeling really up and down. Is this normal?

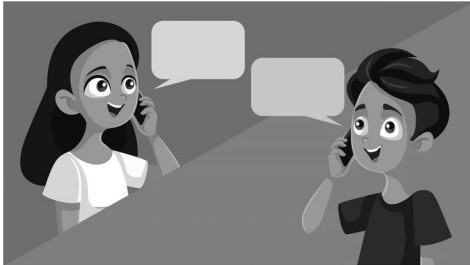
Taz, age 12

- What does Taz mean by feeling 'up and down'?
- What might be causing Taz to feel like this?
- What could Taz do that might help?

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Storyboard: Taz's day

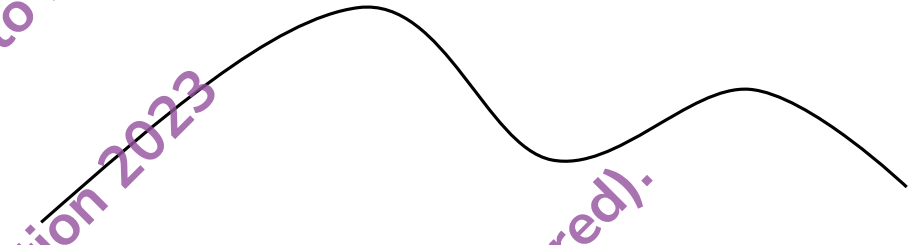


What emotional changes do Taz and Rani experience?

What is causing the changes in Taz and Rani?

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Feelings rollercoaster



Add your post-it notes to the wavy line either high up on top of a wave, low down at the bottom, or halfway between – depending on whether the feeling would make someone feel 'up' or 'down'.

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Corners of support

If someone needs help with their feelings, where could they get help and support?

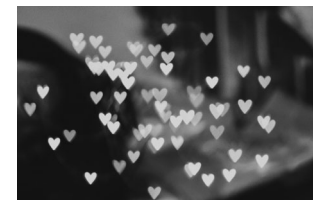
Now, listen to the sentence and move to the label that you think would best support the young person.



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Romantic feelings

Someone going through puberty may notice a change in the way they feel about others. These feelings can be about being attracted to someone, 'fancying' them or having a 'crush'.



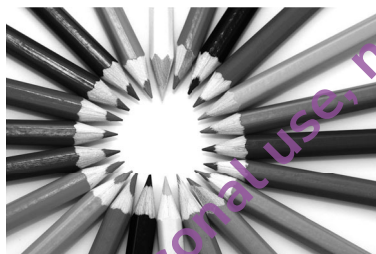
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What has been learnt?

Go back to your drawings of the male and female child from lesson 1.

- Make any changes to your ideas if you want to.
- Add your new learning from the series of lessons.

Use a different colour pen or pencil.



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Signposting support

If you have any questions or worries about emotional changes, or any other topic covered in the lessons about puberty, it is important to speak to a trusted adult – a parent/carer or teacher at school.

www.childline.org.uk can provide support too (phone 0800 1111 to talk to someone).



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More activities

Puberty toolkit

Make a puberty advice sheet for other pupils to use. Include ideas to cope with puberty and growing up. For example:

- Ways to help someone with physical changes
- Ways to help someone with emotional changes



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