





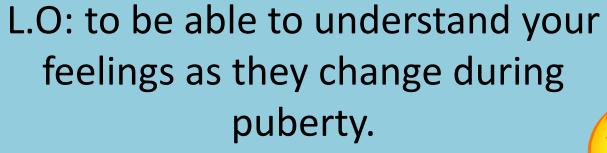


#### Your feelings



Year 7







#### starter

 You are working for a 'teen mag' and you have been put in charge of the puberty section. Think of 5 things you might want to include in it.

- Now rank your top 3.
- · Feedback to your teacher....



# feelings



 Write down at least 6 emotions/feelings that you may experience at some stage during puberty.

 Why do you think you are experiencing so many emotions at this time?

What might be causing them?

There is always a reason for having a feeling

It is important to remember that just because you cant always work out why you feel something it doesn't mean there isn't a reason for it.

### Changing feelings and thoughts

- you may feel more emotional
- ❖You may need more time to yourself
- You may feel more attracted to boys or girls in a different way
- You may want to be more independent
- You may want to make older friends
- You may argue with your parents

All these things are a normal part of growing up! How many of these would apply to you?

#### Managing all these feelings

# 'LET THEM OUT?'

V's

'Bottle them up?'

## plenary

- As a class you are going to come up with a top 10 puberty survival strategies.
- You have 5 mins to think of a few that you can then share with the class.

- E.g make a contract with your parents!
- · Or count to 10 if you get stressed or angry