

Dates: **Monday 12th May, Monday 19th May, Monday 2nd June**

<p>Year 3 - Coping with change</p>	<p>Year 4 - Puberty</p> <p>N.B. Question box will be available for anonymous questions which will be answered sensitively by the teacher.</p>
<p>Lesson 1 - New Changes</p> <ul style="list-style-type: none"> - Changes they have or may experience in the future - Activity: Grade changes red, amber or green e.g. moving house, new baby, growing 	<p>Lesson 1 - What is puberty?</p> <ul style="list-style-type: none"> - Physical and emotional changes - Organising statements - boys, girls or both? e.g. hormones, breasts growing, hair growth, voice gets deeper.
<p>Lesson 2 - Feeling sad and showing empathy</p> <ul style="list-style-type: none"> - Consider how people may feel in different example situations and what you could do to help. E.g. pet passing away, grandparent passing away. 	<p>Lesson 2 - Menstruation</p> <ul style="list-style-type: none"> - Overview as to what it is and why it happens. - Use of sanitary products. - Organising statements into myth and reality. e.g. Everyone knows if a girl is having a period, you can not exercise when having a period. - Write an explanation of what a period is.
<p>Lesson 3 - Happiness</p> <ul style="list-style-type: none"> - Learn strategies to stay positive and manage emotions in challenging situations. E.g. isolation and loneliness. - Where to find support and how to recognise triggers that may affect mental wellbeing. - Create an acrostic poem on happiness. - Create a recipe for happiness. 	<p>Lesson 3 - Keeping clean as we grow and change</p> <ul style="list-style-type: none"> - Increased need for hygiene as people go through puberty. - How to keep clean and use associated products. e.g. perfume, aftershave, sanitary pads, lip gloss etc - Explore some hygiene products. Including the difference between essential and luxury products. - Design an advert for a hygiene product.