

PSHE

Puberty Lesson Plan

Year 4 Girls



PSHE Puberty Lesson Plan – Year 4 Girls

Year 4 Girls' Puberty Lesson - Puzzle 6, Piece 3

Girls and puberty (Boys in e-safety lesson)	
Puzzle 6 Piece 3	<p>Please teach me to...</p> <ul style="list-style-type: none"> describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty
<p>Resources</p> <p>How do I feel about puberty?' cards</p> <p>Jigsaw Chime 'Calm Me' script</p> <p>A 'bag of tricks' - a mystery bag containing a collection of items relating to periods and growing up - see lesson plan for suggestions</p> <p>Animation: The Female Reproductive System PowerPoint slide of internal female organs</p> <p>Sets of Menstruation Cards</p> <p>Jigsaw Jaz</p> <p>Jigsaw Jerrie Cat</p> <p>Jigsaw Jaz's post box</p>	<p>Vocabulary</p> <p>Puberty</p> <p>Menstruation</p> <p>Periods</p>
Teaching and Learning Note	Ask me this...
<p>The Jigsaw Charter</p> <p>Share 'The Jigsaw Charter' with the children to reinforce how we work together.</p> <p>Connect us</p> <p>Play a round of Zoom/EEK. Bring the class into a circle. Ask the children about the word 'Changing', invite some suggestions about what it means to them. Then use a set of the 'How do I feel about puberty?' cards for a circle round: fan out the cards face down, ask a child sitting next to you to choose one, read it out and complete the sentence stem according to their own thoughts and feelings. Emphasise that there are no right or wrong answers and that anybody has the right to pass if they don't have anything to say. The first child then offers the cards face down to the child next to them, and so on round the circle. Draw this together by pointing out the variety of feelings people have about puberty and growing up - some positive,</p>	<p>How do you feel when you think about puberty and growing up?</p> <p>How does the way you feel compare with how other people feel?</p>

some negative, some uncertain - and the sources of support that may have been mentioned. To avoid embarrassment, Jigsaw Jaz could choose the cards and the children answer for him. How do you feel when you think about puberty and growing up? How does the way you feel compare with how other people feel?

Calm me

Everyone, including adults, is sitting on chairs in a circle. Remind the children that at the beginning of every Jigsaw lesson we will help our minds calm down so that we are ready to learn. Teacher to use the 'Calm Me' Script and the Jigsaw Chime.

Open my mind

Bring out your 'bag of tricks' - a cloth bag deep enough for the contents not to be seen, with a collection of items related to puberty and growing up: e.g. deodorant, spot cream, hair gel, comb, teenage magazine, smart phone, iPad, bra, shaving foam, sanitary towel, tampon, pant liner, etc. Invite children or Jigsaw Jaz one at a time to come up, pull out an item, say what it is and place it on the floor in the middle of the circle. If they don't know what an item is, invite other children in the circle to say if they know. Reassure that this is new information for everyone and that it's OK to not be sure about some of these items. When all the items are revealed, go through them and briefly discuss how each relates to an aspect of growing up. Finish with the items of sanitary wear and ask children to say what they know already about what these are and what they are for. Introduce the word 'menstruation' (literally meaning a monthly event) and explain this is a special part of puberty that affects girls/ people who are born female.

Raise Jigsaw Jerrie Cat's paws to indicate this Pause point. Invite the children to stop and pause. Ask them to close their eyes (if they are comfortable to do so) and to focus on what they are thinking and feeling right now. They don't have to share their thoughts. Pause for about 20-30 seconds.

What do these objects tell you about changes or new experiences at puberty?

What is menstruation and how are these items connected with it?

Tell me or show me

Show the animation: The Female Reproductive System and give a simple explanation about menstruation, pausing at various points to clarify and ask questions. Teachers are also free to use the PowerPoint slide of the Internal Female Organs.

A script is below, appropriate for this age of children:

- When a girl's body reaches puberty the eggs (ova) in her ovaries start to mature. Puberty can happen any time between the ages of 10 and 14, but it is different for everyone so we shouldn't worry if we start puberty earlier or later than our friends
- A female's reproductive system has five main parts (refer to the animation). The vulva isn't labelled in the animation, but that is the name for the outside parts of a woman's private parts (genitals).
- Once a month, the woman's oestrogen levels rise in her ovaries and one of the tiny eggs (ova) stored there is released. It passes into the fallopian tube and then into the womb/ uterus. Oestrogen is a hormone (chemical) in the woman's ovaries. The oestrogen also causes the womb/uterus lining to thicken getting it ready with an extra supply of blood in case the woman becomes pregnant with a baby.
- Unlike when we cut ourselves, this flow of blood is normal and natural for a girl who has reached puberty. It shows that the girl's/woman's body is working as it should.
- The same cycle (the menstrual cycle) repeats itself once a month. The exact number of days between periods is different for every woman, but it is usually between 21 and 35 days.
- Girls and women need to soak up the blood (menstrual flow) as it comes out of the vagina/vulva. They can use an absorbent towel which they wear in their underwear, or a tampon which they insert into the vagina. It is important that these are changed regularly.
- The amount of blood leaving the body varies from woman to woman, but on

What are the stages that explain what happens when a girl or woman has a period?

What might people want to talk more about when thinking about the changes that happen at puberty?

average it's about two tablespoons worth, or enough to fill an egg cup. Most women have periods once a month until they are in their fifties when they gradually stop.

Let me learn

Bring out Jigsaw Jaz and suggest that Jigsaw Jaz has gone very quiet, and might be a bit worried about all this growing up information. Ask the children in pairs to think of something Jigsaw Jaz might be unsure or anxious about. Pass Jigsaw Jaz to each pair in turn, for them to say what they think the worry or question might be, and invite the others to suggest answers, reassurance, or who it would be good to talk to for more help. If there are any unanswered that have been put into Jigsaw Jaz's post box from this or prior lessons, use this time to answer them. Remind children that if they have any more questions or worries after this lesson, they can use the post box or talk to a trusted adult.

Help me reflect

As in previous Pieces (lessons) invite the children to reflect on their learning using the My Jigsaw Journey resource.

Changing Me

Calm Me Script - Ages 8-9 - Piece 3

Let's start our Calm Me time by sitting in our Calm Me way, nice and straight in the chair, feet flat on the floor and spine all straight and proud. Shoulders are relaxed and eyes are gently closed.

Now listen to our chime until you can no longer hear any sound.....

In this quietness, bring your attention to focus on your breathing. Breathe in through your nose with nice long, gentle breaths and feel your tummy expand as the air fills your lungs. Hold your breath for just a couple of seconds and then gently and slowly release the air back out again through your mouth.

Breathing like this we feel calm and gentle....

Breathing in and silently counting 1,2,3,4,5.....breathing out silently hearing the words "I am glad to be alive."

Now come with me as we scan our bodies and keep discovering how incredible they are.

Keep breathing gently and slowly, and ask your imagination to create a picture in your mind of you when you were a baby...what did you look like? Did you have much hair? Did you giggle? Can you think of one of your baby photos and build that picture in your mind?

Breathe in.....amazing baby Breathe out.....I am unique

Then see if your mind can imagine you as you are now and be aware of all the changes that have happened to your body since you were a baby.

Take one nice deep breath in and out.

I appreciate how my body keeps growing and developing just as it is meant to and I am becoming who I'm meant to be.

(Chime again) Then as you listen to the chime fade away, bring your awareness back into the classroom in this present moment, nice and peaceful, ready to learn.

Changing Me

How Do I Feel About Puberty? - Ages 8-9 - Piece 3

One way my body will change during puberty is...

I'm looking forward to being a teenager because...

Something that worries me about getting older is...

What I like about being the age I am now is...

The trouble with being the age I am now is...

Compared with my friends, I think the rate at which I'm growing is...

When something's bothering me I can always talk to...

When I start growing hair in new places, I might feel...

One way I can look after my body as I get older is...

Menstruation cards for sorting

