

Vocabulary

personal, unique, characteristics, parents
puberty, menstruation, periods
seasons, change, control, emotions, acceptance
looking forward, excited, nervous, anxious, happy

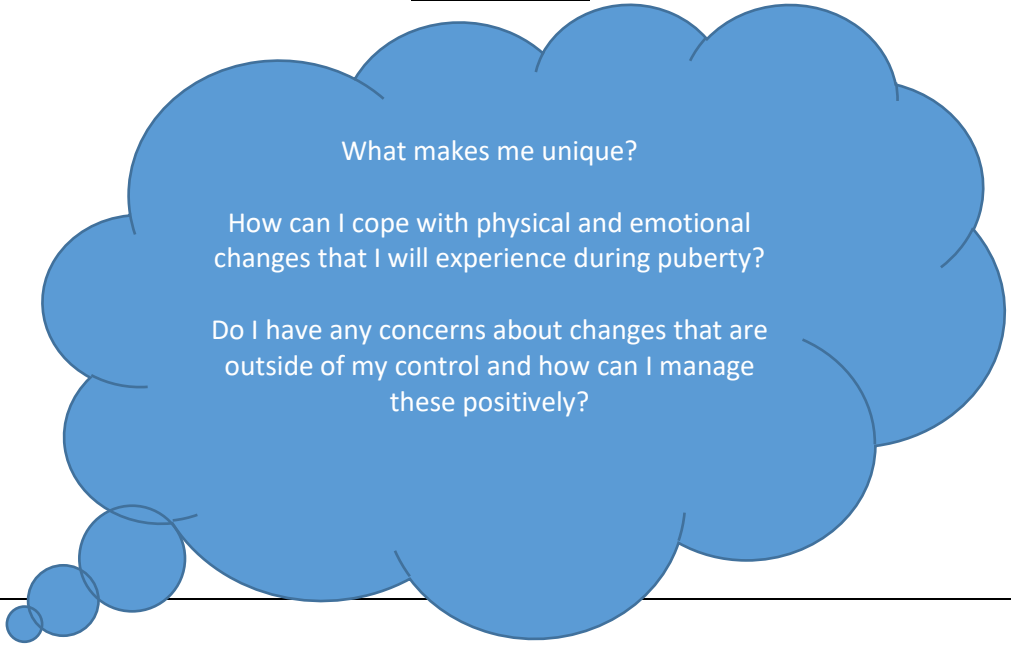


Summary of unit

By the end of the 'Changing Me' topic I will:

- Understand that some of my personal characteristics have come from my birth parents.
- Describe how a girl's body changes for her to be able to have babies when she is an adult, and that menstruation is a natural part of this.
- Know how the circle of change works and apply this to changes I want to make in my life.
- Identify changes that have been and may continue to be outside of my control that I learn to accept.
- Identify what I am looking forward to when I move to a new class.

Key questions



What makes me unique?

How can I cope with physical and emotional changes that I will experience during puberty?

Do I have any concerns about changes that are outside of my control and how can I manage these positively?