

Lil-Lets
becoming
a teen

Emotional Changes



Learning Objectives:

- By the end of the lesson you should be able to:
- Understand why puberty can change the way you might feel
 - Recognise how emotions change during puberty
 - Have some strategies for dealing with these feelings

The Human Life Cycle

Do you remember these diagrams and the human lifecycle?



What is this change called?

Puberty

Emotional changes experienced during puberty

Emotional changes relate to changes in the way we feel and even in how we may behave, including the way we behave towards others.

How do you think our feelings, mood and behaviour might change during puberty?



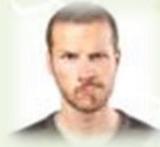
Upset



Happy



Frustrated



Moody



Ecstatic

Emotional Changes

Why might you be experiencing these new emotions?

What do you think might be causing it?

- Our moods and emotions are being affected by the hormones being released into our body as we get closer to, and experience puberty.
- Just like our bodies are having to get used to these changes physically, our minds also need to get used to these new feelings too.

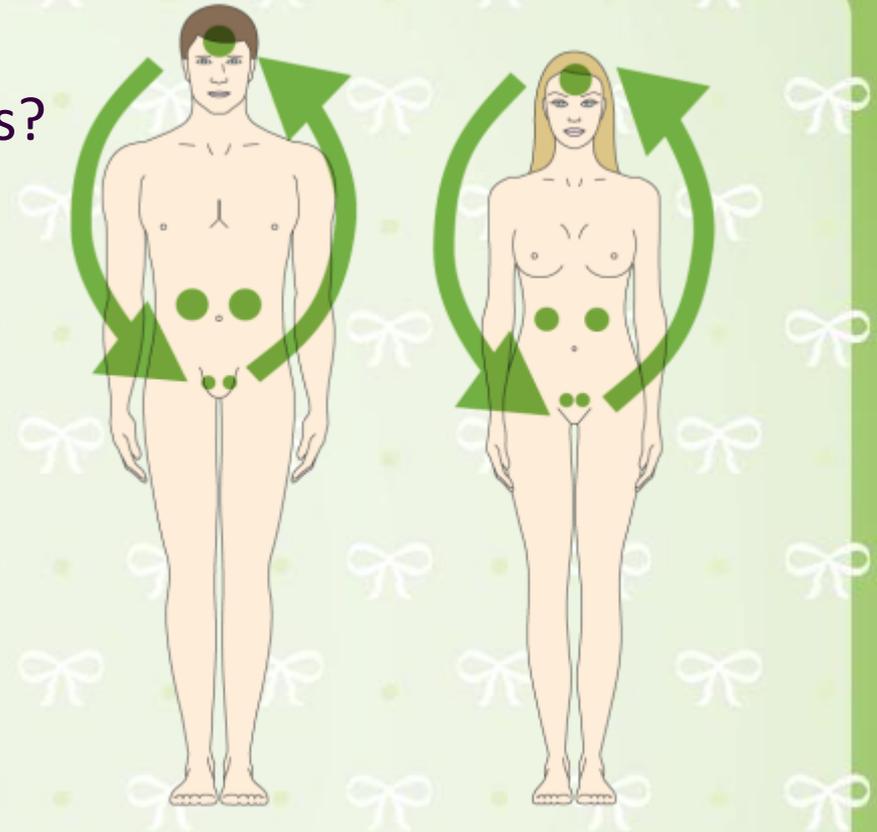


So what causes all these changes?

What causes puberty to start?

HORMONES

What are these?



Emotional Changes

How can we manage our feelings?

...counting to 10

taking time out

finding a safe and
quiet place to be
alone at home and
at school

**talking it
through**

Emotional Changes

If we are feeling cross, sad, frustrated and are behaving differently from normal, who may it affect?

You!



Parents

Your friends

Teachers

Emotional Changes

With your partner you are going to help one another with some emotional scenarios...

Example:

I feel cross today and I
don't know why

How would **you** manage this emotion and how could you support a friend.

Examples:

Giving them some space - Letting them talk when they are ready - Telling an adult.

Questions and Answers

**You may have other questions that you would like answered.
Would you like to discuss the following questions?**

Will we all react the same way to the hormonal changes?

What do I do if my friend is hard to be around because of their emotional changes?

Why do boys feel more aggressive?

Will we experience these emotional changes at the same time?

Will girls and boys experience the same emotional changes?

Are these emotional changes embarrassing?

Visit the Lil-Lets website: www.becomingateen.co.uk



Where you can find more information on the changes that occur during puberty.

The Worry Box

Even though we are going to be discussing lots of different subjects and answering lots of questions, if you have a question but do not feel you can share it with the class, use the worry box.



- You can add questions/comments/worries to it at any time.
- All notes left in the box are completely confidential – no names will ever be used in class sessions.
- We will answer any of your worries in future lessons.