

## Changes To our Emotions

A big part of growing up is the emotional changes we go through. During puberty we can feel very strange - as though we may want to cry, get cross, be very impatient with other people, happy one moment and sad the next. These feelings are due to the changes happening to your body during puberty.

Using the scenario cards can you think of a way of managing your changing emotions and how you could also support a friend going through the same changes?

## Scenario Cards

I feel really cross and aggressive today and I don't know why.

What shall I do?

I feel different to my friends, it's like I don't fit in anymore!

Why is this?

Everything my Mum said to me this morning just annoyed me. I shouted at her.

I don't know why.

I am being moody today - no one seems to be able to do the right thing. My teacher is annoying me, my friends are annoying me, I just want to be left alone!

What shall I do?

I feel really sad today, as though I am about to cry. I don't know why.

What shall I do?

I feel very tired today - I can't keep my eyes open and I am finding it hard to concentrate on my work. I don't know why!

What shall I do?