



# Your feelings



Year 7

L.O: to be able to understand your feelings as they change during puberty.



# starter

- You are working for a 'teen mag' and you have been put in charge of the puberty section. Think of 5 things you might want to include in it.
- Now rank your top 3.
- Feedback to your teacher....



# feelings



- Write down at least 6 emotions/feelings that you may experience at some stage during puberty.
- Why do you think you are experiencing so many emotions at this time?
- What might be causing them?

There is always a reason for having a  
feeling

It is important to remember  
that just because you can't  
always work out why you  
feel something it doesn't  
mean there isn't a reason  
for it.

# Changing feelings and thoughts

- ❖ you may feel more emotional
- ❖ You may need more time to yourself
- ❖ You may feel more attracted to boys or girls in a different way
- ❖ You may want to be more independent
- ❖ You may want to make older friends
- ❖ You may argue with your parents

All these things are a normal part of growing up!  
How many of these would apply to you?

Managing all these feelings

**'LET THEM OUT?'**

**V's**

**'Bottle them up?'**

# plenary

- As a class you are going to come up with a top 10 puberty survival strategies.
- You have 5 mins to think of a few that you can then share with the class.
- E.g make a contract with your parents!
- Or count to 10 if you get stressed or angry