

Lesson	Activity	Reflection
<p>Puberty and Moving to Secondary School Lesson Lesson introduction and Activity 1 Welcome. Let's get started. All the activities for this lesson are on this sheet. You can either write down your answers in an exercise book or in the workbook that goes with this lesson.</p>	<p>Play the video clip below to find out what this lesson is going to be all about If you are having trouble seeing the clip, try this link https://vimeo.com/412437553</p> <p>Activity 1: What do you think puberty means? Write in your exercise book or workbook the correct definition.</p> <ol style="list-style-type: none"> 1. Puberty is the word used to describe moving to secondary school. 2. Puberty is a type of pudding! 3. Puberty is when a child's body begins to develop and change as they become an adult. <p>Complete page 1 of the booklet</p>	<p>If you said number 3, you are right. Well done! Yes, puberty is when a child's body begins to develop and change as they become an adult. Puberty is just another word for growing up. Puberty is a natural process and happens to everybody.</p>
<p>Claire & Daniel's guide to puberty and Activity 2 Play the second video clip to find out more about puberty.</p>	<p>If you are having trouble seeing the clip, try this link https://vimeo.com/412439832</p> <p>You are now going to test your knowledge of some of the key body changes that take place during puberty. Claire and Daniel mentioned lots of body changes. This next activity tests what you can remember from</p>	<p>The correct answers are on the next page (no peeking!). Check and mark your answers and record your score. How did you get on? If you got a few in the wrong order then you could always watch the film</p>

	<p>the film as well as what you might have already learned from parents, carers or teachers in the past.</p> <p>Activity 2: Puberty Quiz</p> <p>On the next page is a grid of definitions and body changes that take place during puberty.</p> <p>Your task is to match up the number of the definition to the letter of the body change it describes.</p> <p>Write the matches in your exercise book or fill in the grid in your workbook. All you have to do is write down which number relates to which letter.</p> <p>If you are working with members of your own household, you could cut out the grid on the next page along the dotted lines and arrange them until you are happy that they are in the right order.</p> <p>Page 2 of work booklet</p>	<p>again and give it another try to see if you can remember the definitions</p>
<p>Top tips for puberty and Activity 3</p> <p>Play the third clip to find out some top tips for preparing for puberty</p>	<p>If you are having trouble seeing the clip, try this link https://vimeo.com/412440790</p> <p>Activity 3: Top tips for puberty</p> <p>a. In your exercise book or in the workbook, write down as many of the tips that Claire and Daniel mentioned in the film clip above. You may need to watch it a few times to get them all.</p> <p>b. Can you think of any other useful tips for preparing for puberty or dealing with the changes that take place during puberty? Write these down too.</p>	<p>How did you get on with your top tips for puberty? Have you included all of these from the video?</p> <ol style="list-style-type: none">1. Remember puberty is natural – everybody's body will change at different times but we are all going through the same thing.2. Always talk to someone if you are worried. Choose someone you trust and talk to them. Even a question that you think is weird, remember someone else might be worried about the same thing!3. Look after your brain! There is so much going on in the world with Coronavirus right now, we need

	<p>c. Imagine that you are friends with a Year 6 student called C.J. They are worried about puberty and have come to you for some advice or help. Write down reasons you think that C.J. might be worried about puberty.</p> <p>d. Create your top 3 tips to help C.J. from the ideas from the film and your own ideas and write these in your exercise book or in the workbook provided. Why not make these into a poem or a poster?</p> <p>Page 3 of Work booklet</p>	<p>to remember to look after our mental wellbeing. If your mind is healthy it helps us cope with all the other stuff we can't control like our body changes.</p> <p>4. One for the girls - If you think you might start your period, you can be prepared by bringing some pads or tampons to school with you, just in case!</p> <p>5. If you start to get body odour, you can make it better by washing regularly and using deodorant.</p> <p>6. Never, EVER squeeze your spots...even if you really want to! It actually makes them worse and might leave scars.</p> <p>7. Remember that mood swings are a natural part of puberty too. This is when you might suddenly feel sad or angry but not know why. It's ok to feel these feelings, but there are some things that can help you feel better again.</p> <p>8. You can do something fun with your friends, maybe something that helps you get some exercise like a sport or a game or try learning something new or do one of your hobbies like art or music.</p> <p>9. Do something nice for someone else. It helps others and can be rewarding helping others.</p> <p>10. If you feel embarrassed, just remember, EVERYONE goes through puberty, even your teachers, your parents...The Queen...they ALL went through puberty!</p>
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PSHE/Science Puberty and Transition

<p>Moving to secondary school and Activity 4</p> <p>Play the fourth clip to hear about moving to secondary school.</p>	<p>If you are having trouble seeing the clip, try this link https://vimeo.com/412441749</p> <p>Activity 4: Moving to secondary school</p> <p>C.J. was very grateful for your advice on puberty and now needs some more help about the move to secondary school in September.</p> <p>C.J. has really mixed feelings about changing schools.</p> <p>a. How might C.J. be feeling?</p> <p>b. What might C.J. find exciting about starting secondary school?</p> <p>c. What might C.J. be worried about?</p> <p>d. How could you help to support C.J.?</p> <p>Write down your answers to the questions above in your exercise book or in the space provided in your workbook. Try to think of lots of different examples.</p> <p>Page 4 Work booklet</p>	<p>Are there any questions? Worries you may have now?</p>
<p>Top tips for starting secondary school and activity 5</p> <p>Play the fifth clip to hear some top tips for starting secondary school</p>	<p>If you are having trouble seeing the clip, try this link https://vimeo.com/412441979</p> <p>Activity 5: Starting secondary school</p>	<p>How did you get on with your top tips for starting secondary school?</p> <p>Have you included all of these from the video?</p> <p>1. Be prepared. Buy a big, strong bag, you'll have loads to carry!</p> <p>2. Always eat some breakfast, even if you feel nervous. It's a long time until lunch and you'll need</p>

	<p>C.J. is feeling a lot better after your support but as it gets closer to September, C.J. needs some more of your ideas to help them make the most out of secondary school.</p> <p>a. What could C.J. do to prepare for going to secondary school?</p> <p>Make a list of ideas that C.J. could use to help them prepare for their first day of secondary school. Can you think of lots of ideas of things that C.J. could do in preparation over the summer, the night before they start secondary school as well as on the first day itself? Write these in your exercise book or in the grid in the workbook provided.</p> <p>b. What could C.J. do during the first few of weeks at secondary school to make the most of the experience? Record this on in your exercise book or workbook.</p> <p>c. Make a list of 5 people or places that you could go to for support on puberty or moving to secondary school. These can be a mixture of key people in your life, websites or phone lines. When you are thinking about the people you could go to for support make sure you include at least 2 adults in your life that you can trust.</p> <p>Page 5 Work Booklet</p>	<p>the energy to be able to learn well throughout the day.</p> <p>3. Work out your route to school. During the lockdown you could get your once a day exercise by taking a walk or run to your new school or even check your new school out on Google Earth!</p> <p>4. When you are given your timetable, make at least three copies: one for your bag, one for your pocket and a spare for home.</p> <p>5. Eat well to keep your energy up. Try not to eat pizza at school dinners every day!</p> <p>6. Join clubs at your new school. Meeting people who are interested in the same things you are is so much fun.</p> <p>7. Go through your timetable and pack your bag the night before to save time in the morning</p> <p>8. Go easy on yourself. It is ok to make mistakes.</p> <p>9. Ask for help or support from family or teachers or organisations like Childline.</p> <p>10. Schools have something called a pastoral team who are there to make sure you are okay. Find out who is in your pastoral team in your new school.</p>
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