



Preview - Information



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- ✓ A selection of Ready-To-Use Google Slides Lessons.
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Google Slides Lessons Preview





Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 4

3-Part Lesson Format

Part 1 – Minds On!

- Learning Goals
- Discussion Questions
- Quotes
- And More!

UNDERSTANDING PUBERTY

LEARNING GOAL

We are learning to understand what **puberty is**, why our bodies change, and how people grow at different times so we can respect ourselves and others as we grow up.

UNDERSTANDING PUBERTY

WORD SEARCH

Find and circle the words hidden in the puzzle.

S	T	R	O	N	G	H	C	Q
C	V	O	I	C	E	A	V	S
H	X	W	T	Q	C	I	C	A
I	N	M	N	R	U	R	H	B
L	G	R	O	W	I	A	O	
D	D	E	X	T	V	I	N	D
P	U	B	E	R	T	Y	G	Y
P	A	D	U	L	T	A	E	P

Adult	Hair	Puberty
Grow	Strong	Child
Voice	Change	Body

Part 2 – Action!

- Writing
- Matching
- Drag and Drop
- Drawing
- And More!

Part 3 – Consolidation!

- Exit Cards
- Quizzes
- Reflection
- And More!

CONSOLIDATION

3-2-1 REFLECTION

Write 3 changes that can happen during puberty.

Write 2 facts you learned about puberty today.

Write 1 thing hormones help the body do.



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FEELING GOOD ABOUT YOURSELF

YES OR NO

Show your answer with a thumbs up 👍 or thumbs down 👎

1) Comparing yourself to others always makes you feel better.	
2) Getting enough sleep can help you feel your best.	
3) Negative thoughts help create a positive body image.	
4) Everyone is unique and special in their own way.	
5) You deserve love and respect just as you are.	

CROSSWORD PUZZLE

Read each clue. Drag the correct word into the crossword boxes.
Use the Across and Down clues to place each word in the right spot.

1

4

5

6

7

2

3

T	R	L	E	P	W	L	P	S
O	K	U	N	R	E	P	G	O
I	D	W	D	T	U	F	R	C
Q	O	E	I	E	H	E	V	P
N	I	U	N	S	C	S	U	B

Across

- 4) Let everyone join
- 6) Treat others kindly
- 7) Helping and encouraging

Down

- 1) Being nice to others
- 2) Different from others
- 3) Getting bigger, changing
- 5) Learn and grow

Move the letter A or B into the box to show your answer.

1 What is acne?

A) A type of food	B) A skin condition that causes pimples
-------------------	---

2 What causes pores to become clogged?

A) Oil, dead skin, and bacteria	B) Clean water
---------------------------------	----------------

3 What can happen if you squeeze pimples?

A) Acne can get worse	B) Acne disappears right away
-----------------------	-------------------------------

4 Why should you wash your face after exercise?

A) It changes your hair colour	B) Sweat can clog pores
--------------------------------	-------------------------

5 What can happen during puberty?

A) Hair stops growing	B) Acne may develop
-----------------------	---------------------

6 What should you do after sports or exercising?

A) Wash your face	B) Touch your face often
-------------------	--------------------------



Ontario Health Curriculum

Human Dev't & Sexual Health – Grade 4

HYGIENE DURING PUBERTY

HYGIENE HABIT CHECK

Look at each picture. Put a ✓ if the picture shows a good hygiene habit and an X if it shows a poor hygiene habit.

GROWING & CHANGING

QUICK TRUE OR FALSE

Read each sentence carefully. Drag the correct answer (True or False) beside each question.

1) During puberty, friendships can sometimes change.	<input type="checkbox"/>	<input type="checkbox"/>
2) It is never okay for friends to have different interests.	<input type="checkbox"/>	<input type="checkbox"/>
3) Hormonal changes can affect a person's emotions.	<input type="checkbox"/>	<input type="checkbox"/>
4) People may discover new hobbies as they grow older.	<input type="checkbox"/>	<input type="checkbox"/>
5) All friendships stay exactly the same during puberty.	<input type="checkbox"/>	<input type="checkbox"/>

True
False

Give your answer with a thumbs up 👍 or thumbs down 👎

1) A crush is a strong feeling of liking someone.	<input type="checkbox"/>	<input type="checkbox"/>
2) Only adults can have crushes.	<input type="checkbox"/>	<input type="checkbox"/>
3) Having a crush is a normal part of growing up.	<input type="checkbox"/>	<input type="checkbox"/>
4) A crush must always become a relationship.	<input type="checkbox"/>	<input type="checkbox"/>
5) A crush can be on someone you know or have seen before.	<input type="checkbox"/>	<input type="checkbox"/>

👍
👎



Workbook Preview

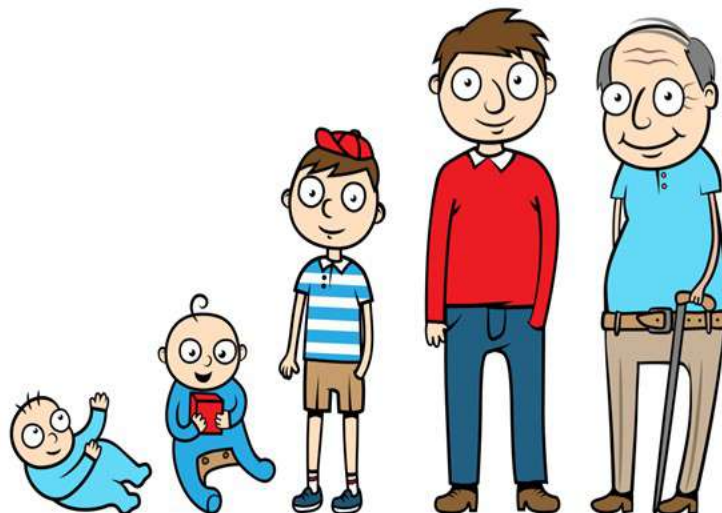


Grade 4 – Health Unit

Human Development and Sexual Health

	Curriculum Expectations	Pages
D1.5	describe the physical changes that occur at puberty (e.g., growth of body hair, breast development, changes in voice and body size, production of body odour, skin changes) and the emotional and social impacts that may result from these changes	7 – 39, 50-85
D2.4	products, continuing importance of regular hygiene practices, including hand washing, oral health care, and care of prosthetic devices and residual limbs)	

**Preview of 75 pages from
this product that contains
120 pages total.**



NAME: _____

HUMAN DEVELOPMENT

PREVIEW

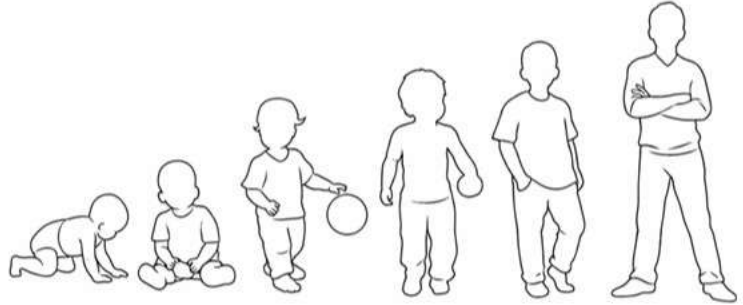


Puberty

What is Puberty?

Puberty is the time when your body goes through a lot of changes, and you start to grow into an adult. It usually happens between the ages of 8 and 13 for girls and between the ages of 9 and 14 for boys.

Through puberty, you will be able to have children.



What Causes Puberty?

During puberty, your body starts to produce hormones that make you grow taller, develop muscles and bones, and start to look more like an adult. In girls, the hormone estrogen is responsible for the growth of breasts and widening of hips. In boys, the hormone testosterone is responsible for the growth of facial hair and deepening of a male's voice.

Everyone Goes Through Puberty

Everyone goes through puberty, but it happens at different times for each person. Some people start puberty earlier than others, and some start later. No matter right or wrong time to start puberty, it's just a natural part of growing up.

Social Problems Because of Puberty

These differences in physical development can also lead to teasing or bullying from other kids. For example, a girl who starts puberty earlier than her friends might feel self-conscious about her developing body, while a boy who starts puberty later than his peers may feel left out.

Everyone is different. We should be kind and respectful to each other, no matter where we are in our physical development.

Questions

Answer the questions below using evidence from the text.

1) What is puberty?

2) What are the changes that occur in puberty?

True or False

Is the statement true?

1. Puberty does not happen to everyone.	True	False
2. Puberty is a natural part of growing up.	True	False
3. Puberty happens at the same age for everyone.	True	False
4. Estrogen is a hormone that causes puberty in girls.	True	False
5. Testosterone causes a person's hips to get wider.	True	False

Word Search

Find the words in the wordsearch

<input type="checkbox"/> Puberty	<input type="checkbox"/> Change
<input type="checkbox"/> Bully	<input type="checkbox"/> Everyone
<input type="checkbox"/> Develop	<input type="checkbox"/> Hormone
<input type="checkbox"/> Growth	<input type="checkbox"/> Boys
<input type="checkbox"/> Girls	<input type="checkbox"/> Social

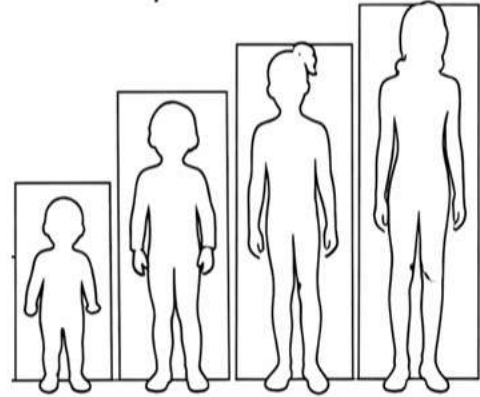
C	P	U	B	E	R	T	Y	E	T	H	D	J	F
H	O	R	M	O	N	E	U	J	Z	Q	E	P	Z
C	L	R	I	E	K	B	U	L	L	Y	V	H	G
H	E	V	E	R	Y	O	N	E	B	N	E	T	I
A	H	F	D	R	J	L	R	B	O	B	L	W	R
N	R	M	X	N	B	W	J	I	Y	Q	O	O	L
G	S	N	E	C	S	K	P	S	S	U	P	R	S
E	S	O	C	I	A	L	G	U	O	A	M	G	X

Changes During Puberty

Changes During Puberty

During puberty, your body goes through changes as it grows and develops into an adult body. Here are some of the physical changes you will experience:

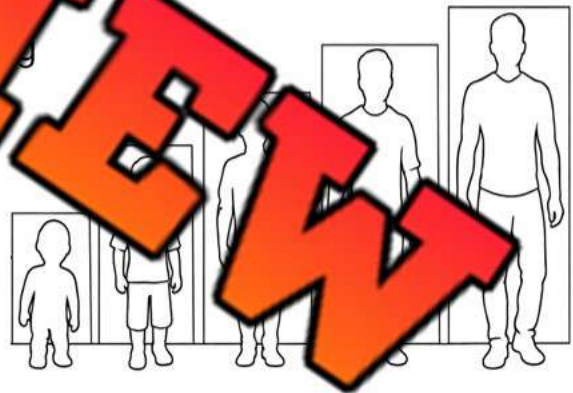
Growth Spurts: During puberty your bones grow longer, and you may experience sudden growth spurts where you grow several inches in a short period of time.



Body Hair: You start to grow hair in new places, such as under your arms, on your legs, and in your pubic area. Boys may also grow facial hair.

Voice Changes: Boys may notice their voices becoming deeper as their vocal cords lengthen and thicken.

Skin Changes: You may see changes in your skin, such as pimples or acne during puberty.



Body Shape: You may notice that your body is starting to change shape, especially around your hips, waist, and chest. Girls may notice that their breasts start to develop, while boys may notice they develop chest and shoulder muscles.

These changes can be confusing and even a little scary, but they are a normal part of growing up. If you have any questions or concerns about the changes you are experiencing, it is important to talk to a trusted adult or healthcare provider.

True or False

Is the statement true or false?

1) Not everyone goes through puberty.	True	False
2) Body hair starts to grow during puberty.	True	False
3) Physical changes during puberty happen at different times	True	False
4) You will have a growth spurt during puberty.	True	False
5) Everyone will grow 4 inches taller during puberty.	True	False

Identify

Which describes a change that happens during puberty.

<input type="checkbox"/> Learning to read	<input type="checkbox"/> Drinking from a bottle	<input type="checkbox"/> Menstruation begins	<input type="checkbox"/> Increase in appetite
<input type="checkbox"/> Voice becomes deeper	<input type="checkbox"/> Drinking from a bottle	<input type="checkbox"/> Drinking from a bottle	<input type="checkbox"/> Skin changes such as acne or pimples
<input type="checkbox"/> Losing baby teeth	<input type="checkbox"/> Development of breasts	<input type="checkbox"/> Growth spurt	<input type="checkbox"/> Riding in a stroller
<input type="checkbox"/> Development of body hair	<input type="checkbox"/> Starting to crawl	<input type="checkbox"/> Shoulders become broader	<input type="checkbox"/> Increased sweating and body odor

Questions

Answer the questions below using evidence from the text.

What are the physical changes girls have during puberty?

Fact or Fiction – Changes During Puberty

Objective

What are we learning about?

To help students understand the physical changes that occur during puberty by identifying which statements are facts or fiction and recognizing that these changes are a normal part of growing up.

Materials

What will you need for the activity?

- Flashcards with statements about changes during puberty (see below)
- One "FACT" sign and one "FICTION" sign
- Open space in the classroom for students to move safely



Instructions

How will you complete the activity?

1. Explain to the class that they will listen to a statement about changes during puberty and decide if each one is Fact or Fiction.
2. Show the FACT and FICTION signs and explain what each one means.
3. Read one changes during puberty-related statement aloud.
4. Give students time to think about whether the statement is true or not.
5. Students walk to the FACT side if they believe the statement is true, or to the FICTION side if they believe it is false.
6. Ask a few students to explain why they chose that side.
7. Reveal the correct answer and briefly discuss it with the class.
8. Students return to their seats and prepare for the next statement.
9. Repeat until all statements have been read.

Fact or Fiction

Read the statements to the class.

#	Statement	Fact or Fiction
1	Puberty is a time when the body grows and changes.	Fact
2	Growth spurts can cause you to grow taller in a short period of time.	Fact
3	Only boys experience changes during puberty.	Fiction
4	It is normal to grow hair under the arms during puberty.	Fact
5	Puberty happens overnight.	Fiction
6	Some people notice changes in their skin, such as pimples.	Fact
7	You can stop puberty from happening if you want to.	Fiction
8	Puberty only affects how you look on the outside.	Fiction
9	Voices may change during puberty for some boys.	Fact
10	Changes during puberty are a normal part of growing.	Fact
11	Feeling confused or emotional during puberty is normal.	Fiction
12	Bodies can change shape as they grow during puberty.	Fact
13	Everyone's body changes in the same way during puberty.	Fiction
14	Talking to a trusted adult about puberty questions is helpful.	Fact
15	Everyone starts puberty at the exact same age.	Fiction
16	Both boys and girls may grow taller during puberty.	Fact
17	Puberty means you are doing something wrong.	Fiction
18	Puberty changes only last for a few days.	Fiction
19	It is normal for puberty to start earlier or later for different people.	Fact
20	Puberty is something to be embarrassed about.	Fiction

Weight Gain During Puberty

Weight Gain During Puberty

As you grow older, your body goes through many changes, including the development of more body fat especially around the hips and thighs. This extra fat is important for your body's growth and development.

Your Feelings About The Changes To Your Body

You may experience mixed feelings related to the weight gain of puberty:

- 1) Confusion: Weight gain during puberty can be confusing because it is a change.
- 2) Excited: You may feel excited because you are growing up.
- 3) Happy: You may feel happy if you like your new look and clothes.
- 4) Self-Conscious: You may feel self-conscious about your weight gain. This can affect your self-esteem.
- 5) Anxiety: You may feel anxious or worry about being judged by your peers.
- 6) Loss of Control: You may feel a loss of control over your appearance or weight. This loss of control can lead to frustration or sadness.
- 7) Embarrassment: Some children feel embarrassed or ashamed about their weight gain, if they think it is different from their peers. This can affect their confidence.

Remember that everyone's body is different. Some people may experience these changes earlier or later than others, and that is normal. Having more body fat does not mean you are unhealthy or less valuable as a person. Your worth and value are not determined by how your body looks.

True or False

Is the statement true or false?

1) You should worry about gaining body fat during puberty.	True	False
2) True friends like you for who you are not how you look.	True	False
3) Your body needs the fat you gain during puberty	True	False
4) You will only have negative feelings during puberty.	True	False
5) Everyone develops at their own time.	True	False

Word Scramble Scramble the words below

Word	Scrambled	Unscramble
Weight	WTEG	
Puberty	Normal	
Excited	Growing	
Anxiety	Different	
Body	Fat	

Questions

Answer the questions below using evidence from the text.

1) What are 4 feelings you may have if you gain more body fat during puberty?

2) How does it help to remember that gaining weight with puberty is a normal part of growing up?

Activity – Talk For A Minute

Objective

What are we learning about?

Students will be able to express their thoughts and feelings about weight gain during puberty, recognize that body changes are normal, and practise speaking respectfully and confidently in front of others.

Materials

What will you need for the activity?

- "Talk For A Minute" prompt cards or worksheet
- Timer or stopwatch (1 minute)
- Open space for sitting for groups
- Paper and pen (optional for note taking)



Instructions

How will you do the activity?

1. Divide the class into small groups.
2. Explain that students will take turns speaking for one minute about a selected topic related to weight gain during puberty.
3. Show the list of discussion prompts and remind students that they can speak in general terms if they feel more comfortable.
4. One student chooses a prompt and talks about it for one minute while others listen respectfully.
5. When the time is up, the next student chooses a different prompt and takes their turn.
6. Remind students that there are no right or wrong answers and that everyone's experiences are different.
7. Allow students to pass if a question feels uncomfortable.
8. Continue until all group members have had a turn.

Activity – Talk For A Minute

One body change you learned about during puberty.	How may people feel when their body starts to change?	Why weight gain during puberty is normal?	A feeling someone might experience when their clothes fit differently.
One healthy habit that supports growing bodies.	Why comparing everyone's bodies can be harmful?	A kind message you would say to someone worried about their body.	How can growth spurts affect weight and height?
One trusted person you can talk to about body changes.	How feelings like confusion or embarrassment are normal during puberty?	Why kindness toward yourself is important during puberty?	Why do body changes not define a person's worth?
How can media affect how people feel about their bodies?	One thing you appreciate about your body today.	Why kindness toward yourself is important during puberty?	One thing you wish everyone understood about growing up.

PREVIEW

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Check the healthy thoughts about weight gain during puberty.

1) Weight gain is a normal part of growing.	
2) Comparing your body to others.	
3) Bodies grow at different rates.	
4) Feeling less worthy because of body changes.	
5) Being confident in your body.	

Name: _____

Check the healthy thoughts about weight gain during puberty.

1) Weight gain is a normal part of growing.	
2) Comparing your body to others.	
3) Bodies grow at different rates.	
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Name: _____

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Name: _____

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5) Being confident in your body.	

Maintaining Positive Body Image

Strategies For Maintaining Positive Body Image

Here are some strategies for maintaining a positive body image:

- Focus on Health Instead of Focusing on Appearance: Eat a balanced diet, exercise regularly, and get enough sleep. Taking care of your body and feeling strong and energetic can help you develop a positive body image.
- Appreciate Your Body: Focus on what your body can do for you. It looks great!
- Surround Yourself with Positive Influences: Choose friends who value appearance as one of many qualities for who they are, not just how they look.
- Avoid Comparisons: Remember that everyone is unique and different. Comparing yourself to others can lead to negative feelings.
- Practice Self-Care: Do activities that make you feel good about yourself. Self-care helps promote a positive mindset and self-image.
- Challenge Negative Thoughts: If you are thinking negatively about your body, focus on the positive things about yourself, not on how you look.
- Speak Kindly to Yourself: Use positive self-talk and be kind to yourself. Treat yourself with the same kindness you would show to a friend.



It is normal for your body to change during puberty. You are unique, valuable, and deserving of love and respect just as you are.

True or False

Is the statement true or false?

1) Getting enough sleep and eating healthy food is part of self-care.	True	False
2) Your health is more important than your appearance.	True	False
3) Comparing yourself to others makes you feel better	True	False
4) Positive statements to yourself help build confidence.	True	False
5) It is good to have honest friends who tell you that you are fat.	True	False

DrawDraw something that helps you feel confident and positive
Draw your drawing in the box below.**Questions**

Answer the questions below using evidence from the text.

1) What are some things you can do for yourself to help you feel confident in your body?

2) Write 3 positive self-talk statements that will make you feel confident.

My Positive Body Image Balloons

Objective What are we learning about?

Students will be able to identify and express positive thoughts about their bodies, recognize their self-worth beyond appearance, and practise positive self-talk to support a healthy body image.

Materials What do you need for the activity?

- Activity worksheet with hot air balloon with blank balloons
- Pencil or pen
- (Optional) crayons or coloured pencils



Instructions How will you complete the activity?

1. Look at the picture of the hot air balloon and the balloons. Love it.
2. Each balloon represents a positive thought about your body.
3. In each balloon, write one statement that shows positive body image.
4. You may write about what your body can do, how you care for it, or kind thoughts you have about yourself.
5. Take your time and write honestly. There are no right or wrong answers.
6. When finished, quietly read your statements to yourself and reflect on how these thoughts can help you feel confident and healthy.
7. You may colour the picture if time allows.
8. Sharing is optional. Students may share one balloon if they feel comfortable.

My Positive Body Image Balloons



Growth Spurts During Puberty

Growth Spurts During Puberty

During puberty, your body goes through a lot of changes as you transition from being a child to becoming an adult. One of the major changes is a growth spurt, which is a period of rapid growth in height and weight. Typically, growth spurts occur between the ages of 10 and 14 for girls and between 12 and 16 for boys.

Strategies For Remaining Confident During Your Growth Spurt

These changes can be a little uncomfortable or make you feel a bit awkward. Here are some strategies to help you remain confident during this time:

- Embrace your uniqueness: Everyone develops at their own pace.
- Practice self-care: Take care of your physical and emotional health. Eat a healthy diet, get enough sleep, and engage in regular exercise.
- Stay positive: Surround yourself with positive influences, including friends, family, or activities that make you happy. Avoid comparing yourself to others.
- Understand that physical changes take time.
- Wear clothes that make you feel confident and comfortable.
- Seek support: If you are feeling overwhelmed or have concerns about your growth spurt, do not hesitate to talk to a trusted adult.



Remember, confidence comes from within. Focus on developing your skills, talents, and interests, and embrace the journey of self-discovery during puberty. Stay positive, take care of yourself, and remember that you are unique and valuable just the way you are.

Questions

Answer the questions below using evidence from the text.

1) When does a growth spurt usually occur?

2) What are things you can do to boost your confidence during puberty?

Diagram

Draw an example of 3 ways to feel confident during puberty and label it below.

True or False

Is the statement true or false?

1) Everyone has a growth spurt during puberty.	True	False
2) Growth spurts during puberty happen at the same age for all.	True	False
3) Eating well and getting enough sleep will help you feel confident.	True	False
4) It is best to avoid people who are a negative influence.	True	False
5) Everyone develops at their own pace.	True	False

InstructionCircle whether each change is *Visible* or *Invisible*.

#	Statement	Visible/Invisible	
		Visible	Invisible
1	A person grows taller during puberty.	Visible	Invisible
2	A person feels awkward about their changing body.	Visible	Invisible
3	A person's arms and legs grow longer.	Visible	Invisible
4	A person feels proud of growing up.	Visible	Invisible
5	A person gains weight as part of a growth spurt.	Visible	Invisible
6	A person who grows faster or slower than others.	Visible	Invisible
7	A person's shoes no longer fit because their feet grow.	Visible	Invisible
8	A person feels confused about body changes.	Visible	Invisible
9	A person's posture may change as they grow taller.	Visible	Invisible
10	A person feels tired more often during a growth spurt.	Visible	Invisible
11	A person needs more sleep during puberty.	Visible	Invisible
12	A person feels nervous about comments from others.	Visible	Invisible
13	A person's clothes fit differently.	Visible	Invisible
14	A person feels more confident as they adjust to changes.	Visible	Invisible
15	A person's appetite increases during growth.	Visible	Invisible
16	A person feels embarrassed about their height.	Visible	Invisible
17	A person's body proportions change over time.	Visible	Invisible
18	A person feels supported by friends or family.	Visible	Invisible
19	A person grows at a different pace than others.	Visible	Invisible
20	A person accepts that growth takes time.	Visible	Invisible

We Are All Unique

What Does “Unique” Mean?

Unique means being the only one of its kind. People are all unique with their own qualities and they all grow and change at their own pace. Sometimes young people go through a growth spurt, and they look older than they are. Everyone should be treated in an appropriate and respectful way. Here are some strategies for dealing with pressures of looking older or younger than you are:

- Embrace and celebrate your uniqueness: Remember that everyone grows and develops at their own pace.
- Focus on inner qualities: Remind yourself and others that what really matters is who you are on the inside, not just how you look on the outside. Kindness, intelligence, creativity, and other positive qualities are more important than physical appearance.
- Surround yourself with supportive friends
- Talk to a trusted adult: If someone is teasing or making you feel uncomfortable about your appearance, speak up and share your feelings with a trusted adult.
- Develop self-confidence: Try hobbies and interests that make you happy.



Teasing or making fun of someone about their physical appearance, including looking older or younger, is hurtful and disrespectful. Everyone grows and develops at their own pace, and it is not fair to judge or make fun of someone based on something they have no control over. People should be valued for who they are.

Questions

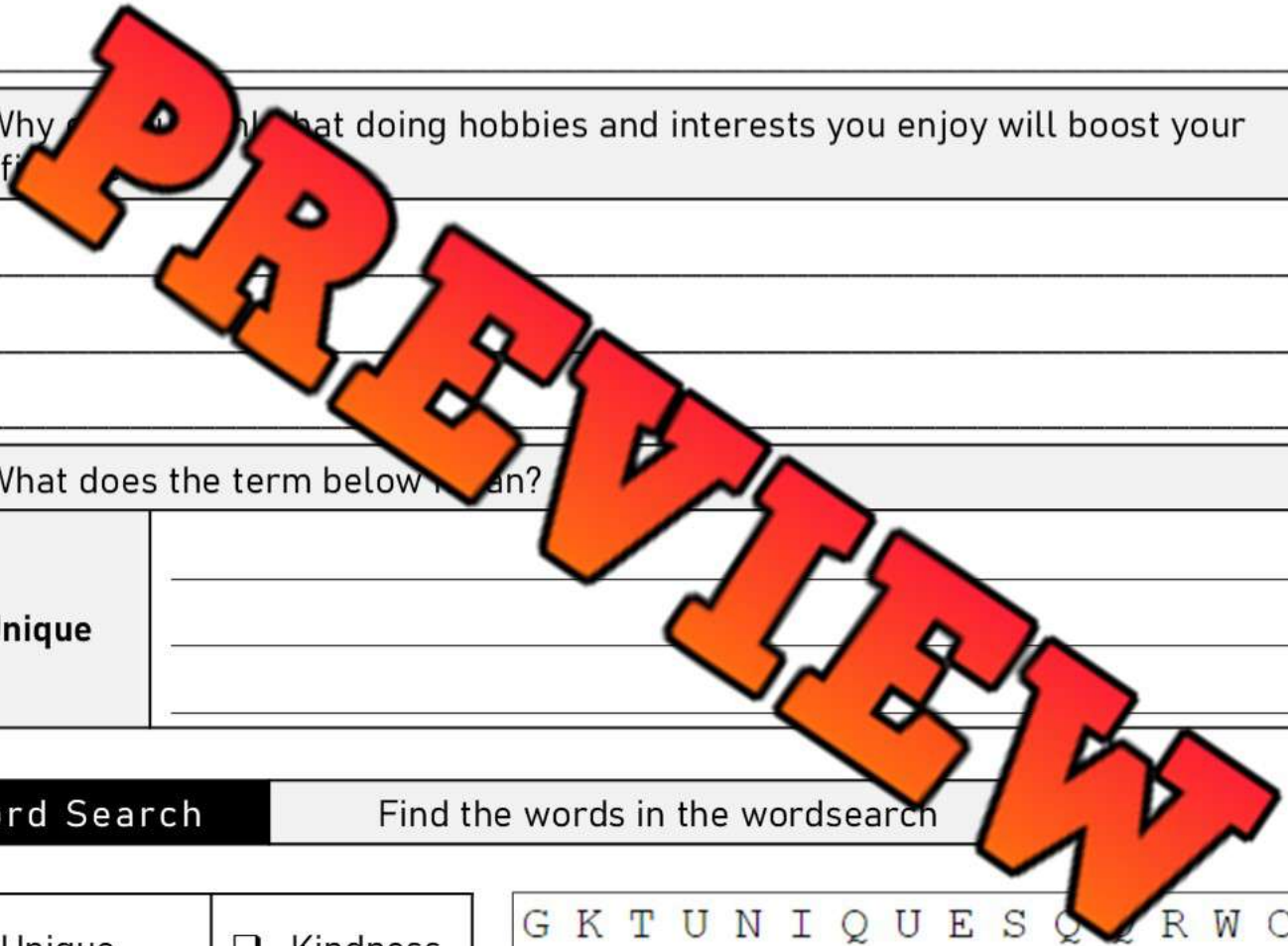
Answer the questions below using evidence from the text.

1) Which 2 strategies would you use to help you cope with the pressures of looking older or younger than you are?

2) Why do you think that doing hobbies and interests you enjoy will boost your confidence?

3) What does the term below mean?

Unique



Word Search

Find the words in the wordsearch

<input type="checkbox"/> Unique	<input type="checkbox"/> Kindness
<input type="checkbox"/> Confidence	<input type="checkbox"/> Qualities
<input type="checkbox"/> Celebrate	<input type="checkbox"/> Trusted
<input type="checkbox"/> Focus	<input type="checkbox"/> Friends
<input type="checkbox"/> Hobbies	<input type="checkbox"/> Support

G	K	T	U	N	I	Q	U	E	S	Q	R	W	C	T	
J	L	L	G	O	A	X	R	I	B	B	U	Q	I	L	D
C	O	N	F	I	D	E	N	C	E	V	A	F	T	G	Z
C	E	L	E	B	R	A	T	E	U	H	L	O	D	F	S
J	H	L	M	S	V	E	A	I	W	C	I	C	E	R	U
K	E	F	K	H	O	B	B	I	E	S	T	U	T	I	P
T	W	Z	Y	V	H	E	Y	T	E	V	I	S	S	E	P
K	I	N	D	N	E	S	S	C	G	J	E	H	U	N	O
I	J	E	E	C	G	K	E	S	O	F	S	B	R	D	R
T	W	V	I	E	G	S	Y	Q	F	C	P	L	T	S	T

Activity - We Are All Unique

Objective

What are we learning about?

The objective of this activity is to understand and appreciate how each person is unique, with their own set of characteristics, likes, dislikes, and abilities.

Material

What you will need for the activity.

1. Large sheets of construction paper
2. Pencils and markers
3. Magazines for cutting out pictures (optional)
4. Glue (if using magazines)
5. A list of prompts (see below)



Method

How you will complete the activity.

- 1) Give each student a large sheet of construction paper and a pencil.
- 2) Ask them to draw or write about themselves in response to a list of prompts, such as their favorite colour, hobby, food, a special talent they have, a place they would love to visit, their favorite book or movie, etc.
- 3) They can also use pictures from magazines to represent their answers.
- 4) Once everyone is done, let each student present their work to the class, explaining what they have included on their paper and why.

Activity - We Are All Unique

Prompts

Answer the questions using the prompts below

Prompts	Answers
1) What is your favorite colour and why?	
2) What is your favorite food and why do you like it so much?	
3) What is a hobby that you love?	
4) Do you have a special talent or skill? What is it?	
5) If you could visit any place in the world, where would you go and why?	
6) What is your favorite book or movie, and why do you like it?	
7) Do you have a favorite animal? Why do you like it?	
8) What is your favorite subject in school and why?	
9) What is a unique tradition in your family?	
10) Share something you are proud of achieving or doing.	

Activity - We Are All Unique

Reflection

Answer the questions below

1) What are some of the things that make you unique?

2) Did anyone else have the same favourites as you? How does that make you feel?

3) Were there any surprises in what your classmates said about themselves?

4) How does it feel to share about yourself and hear about others?

5) How can we respect and celebrate the differences among us in our daily lives?

PREVIEW

Acne During Puberty

Acne During Puberty

Acne is a skin condition that causes pimples. Both boys and girls may experience changes in their skin, including increased oil production and acne. Acne is caused by overactive oil glands in the skin. A buildup of oil, dead skin cells and bacteria causes swelling and redness in the pores.

During puberty, oil glands are stimulated by hormones. Acne runs in families, so, if you have family members who have or had acne, you are more likely to have it.



How to Manage Acne

There is no way to prevent acne, but keeping your skin very clean will help. Wash your face with soap and warm water, to remove excess oil and things that clog

your pores. Be sure to wash after exercise, before bed, and after touching your face, such as touching your pores.

Squeezing pimples often makes them worse, because you are pushing the bacteria deeper into your pores. Washing your face too often, however, can dry out your skin and cause irritation to acne that is already there, making it worse.

Oily Hair

The hormones that cause acne, also cause excess oil in your hair. Washing your hair everyday, or every other day, will help keep your hair from getting greasy. The excess oil on your scalp can also transfer onto your face if you touch your hair frequently, which can further add to the development of acne.

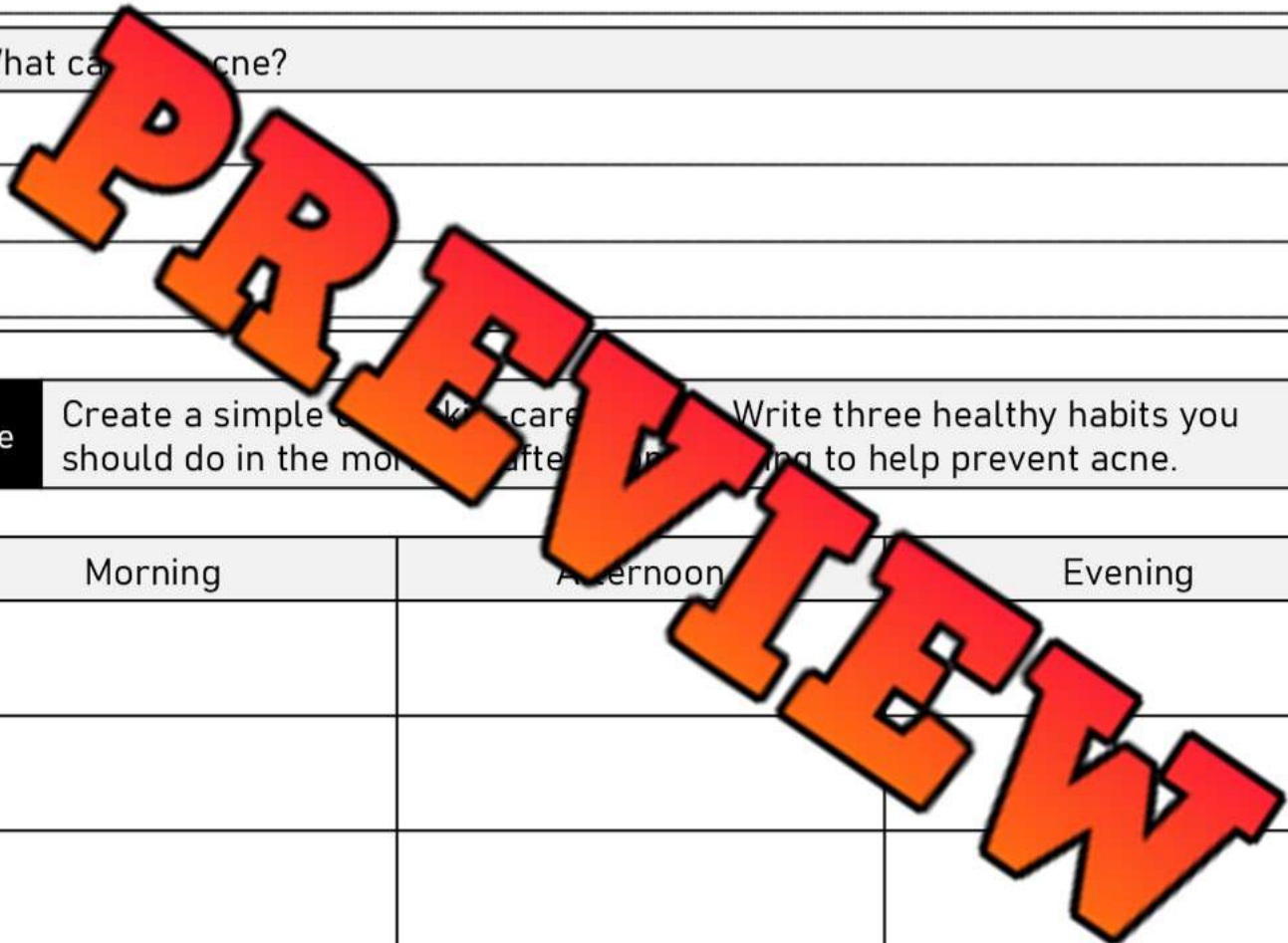
By keeping your hair clean and avoiding excess oil transfer onto your face, you can help reduce your risk of developing acne during puberty.

Questions

Answer the questions below using evidence from the text.

1) What is acne?

2) What can cause acne?



Create

Create a simple skin care routine. Write three healthy habits you should do in the morning, afternoon, and evening to help prevent acne.

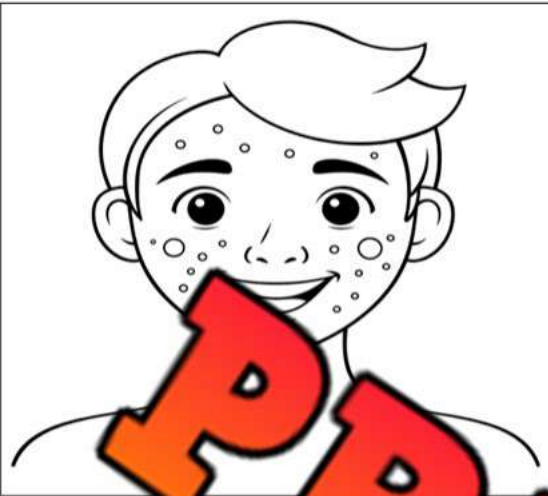
Morning	Afternoon	Evening

True or False

Is the statement true or false?

1) Everyone gets acne during puberty.	True	False
2) There is no way to prevent acne.	True	False
3) Being clean is important so you cannot wash your face too much.	True	False
4) Acne sometimes runs in families.	True	False
5) Oily hair can make acne worse.	True	False

Acne During Puberty



Hi! I'm Jordan. Lately, I've been getting pimples on my face, and it makes me feel confused and a little embarrassed. I learned that acne is a normal part of puberty, and there are healthy ways to take care of my skin. Can you help me by drawing or writing tips in the boxes to show what I can do or use to take care of my acne?

PREVIEW

Hygiene During Puberty

Why Is Hygiene During Puberty Important?

Hygiene means taking care of your body to stay clean and healthy. One of the changes that happen during puberty is that you start producing more hormones. Hormones are chemicals in your body that help it grow and develop. Hormones also affect the sweat glands in your body.



You Sweat More

During puberty, your hormones tell your sweat glands to make more sweat. You may find yourself sweating even when you are not doing anything, like sitting in class or hanging out with your friends.

What Is That Smell?

When you sweat, the sweat can mix with bacteria on your skin, and it can create a smell. That is why it is important to wash your body regularly, especially in places like your armpits and feet where sweat tends to collect.

Feeling Confident

By washing your body with soap and water, you remove sweat, dirt, and bacteria from your skin, keeping it fresh and clean. It is also important to change your clothes regularly, especially your underwear and socks, to help prevent bacteria from growing and causing problems.

Everyone goes through these changes during puberty. Taking care of your hygiene will help you feel more comfortable and confident.

True or False

Is the statement true or false?

1) Hormones help you grow and develop.	True	False
2) Hormones tell your sweat glands to sweat more during puberty.	True	False
3) Not everyone sweats.	True	False
4) Sweat collects on your feet and armpits.	True	False
5) There is no use changing your clothes they will get sweaty again.	True	False

Connect Write a sentence you think is important to remember that everyone goes through the same changes during puberty?

Solve It!

Write a solution that keeps the body healthy during puberty.

Problem	Solution
You notice a strong body odour after playing outside.	
Your feet smell after wearing closed shoes all day.	
Your hair looks greasy and feels itchy.	
You ignore pimples and keep touching them.	

Hygiene – How Often?

Instruction

Place a checkmark under how often you think the task should be done.

Statements		Always	Once or Twice Daily	Once in a while	Never
1	Brushing your teeth				
2	Washing your hands				
3	Washing your hands before eating				
4	Washing your hands after using the toilet				
5	Changing your clothes				
6	Taking a bath or shower				
7	Washing your face				
8	Washing your hair				
9	Wearing clean clothes				
10	Trimming your fingernails				
11	Covering your mouth when coughing				
12	Using a clean towel after bathing				
13	Cleaning your ears gently				
14	Changing socks when they are dirty or sweaty				
15	Washing your hands when they are dirty				
16	Wearing dirty or smelly clothes				
17	Sharing personal hygiene items				
18	Touching your face with dirty hands				
19	Letting body odour build up without washing				
20	Not washing after sweating a lot				

Hygiene

Good Hygiene Starts With Hand Washing

Your body begins to change in many ways as you enter puberty. One of these changes is that your body makes more sweat. Sweat by itself does not smell. When it mixes with bacteria on your skin, it can cause body odour. Washing your hands and body helps to keep smells away by removing sweat and bacteria.

Here are steps to wash your hands properly:

- 1) Wet your hands under clean, warm or cold running water.
- 2) Apply any soap and scrub your hands.
- 3) Rub your hands together. Scrub all parts of your hands, palms, backs, between your fingers, under your nails, for about 20 seconds. This is long enough to sing "Happy Birthday" twice!
- 4) Next, rinse your hands well under running water.
- 5) Dry your hands using a clean towel or air dryer. Wash your hands before eating, after using the bathroom, and after sneezing or coughing.



Oral Hygiene

There is lots of bacteria in your mouth. These bacteria cause cavities and bad breath. Brushing and flossing every day keeps your teeth healthy and your breath fresh.



Wearing Clean Clothes

As you sweat more, your clothes can absorb the sweat and bacteria, which causes an unpleasant smell. Changing your clothes, especially underwear and socks, every day can help prevent this.

Questions

Answer the questions below using evidence from the text.

1) What causes body odour?

2) What can both decay and bad breath?

Fill in the Blanks

Fill in the missing words on the line

1. _____ often will _____ from _____ germs when you have a cold.
2. Putting on clean _____ and underwear _____ help _____ clean and fresh.
3. Singing _____ twice while washing our _____ is _____ clean.
4. Your hands will get clean with any kind of hand _____ and wash _____ cold water.
5. _____ and _____ our teeth will prevent cavities and bad breath.

Making Connections

What does this reading remind you of in your life?

Experiment – Effects of Hand Washing

Objective

What are we learning about?

To demonstrate the effects of poor hygiene by observing the growth of bacteria from unwashed hands.

Material

What you will need for the activity.

1. 2 clear plastic containers with lids for each student
2. Cotton balls
3. Water
4. Marker
5. Resealable plastic bags or ziplock containers



Method

How will you do the activity.

- 1) Start the lesson by discussing the importance of hygiene, focusing on the role of washing hands in removing bacteria.
- 2) Label one container or bag 'unwashed hands' and the other 'washed hands' for each student.
- 3) Ask each student to touch a cotton ball with their unwashed hands and place it in the 'unwashed hands' container or bag.
- 4) Then, have the students wash their hands thoroughly with soap and water.
- 5) After their hands are clean, each student should touch a new cotton ball and place it in the 'washed hands' container or bag.
- 6) Add some water in both containers or bags, enough to make the cotton balls damp but not soaked.
- 7) Seal the containers or bags and put them in a warm place.
- 8) Over the next week, observe and document the changes in both sets of containers or bags.

Experiment – Effects of Hand Washing

Reflection

Answer the questions below

1) What differences do you notice between the 'washed hands' and 'unwashed hands' containers/bags?

2) Why do you think these changes? What is growing?

3) How does this experiment help you understand the importance of washing your hands?

4) If bacteria grows when we are not clean, why is it important to not only wash our hands, but our bodies too?

5) Write a list of 3 things you can do to ensure you won't spread bacteria and get sick from germs?

PREVIEW

Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.

Name: _____

Circle the qualities that show good hygiene habits.

Washing your body regularly	Keeping your hair clean
Brushing your teeth	Wearing sweaty clothes again
Ignoring body odour	Changing into clean clothes
Not washing your hands	Skipping showers
Use deodorant when needed	Wearing clean socks

Name: _____

Circle the qualities that show good hygiene habits.

Washing your body regularly	Keeping your hair clean
Brushing your teeth	Wearing sweaty clothes again
Ignoring body odour	Changing into clean clothes
Not washing your hands	Skipping showers
Use deodorant when needed	Wearing clean socks

Name: _____

Circle the qualities that show good hygiene habits.

Washing your body regularly	Keeping your hair clean
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Not washing your hands	Skipping showers
Use deodorant when needed	Wearing clean socks

Name: _____

Circle the qualities that show good hygiene habits.

Washing your body regularly	Keeping your hair clean
Brushing your teeth	Wearing sweaty clothes again
Ignoring body odour	Changing into clean clothes
Not washing your hands	Skipping showers
Use deodorant when needed	Wearing clean socks

Personal Care

What Are Personal Care Products?

Personal care products are products we use to keep ourselves clean and healthy. They include things like, shampoo, soap, deodorant or antiperspirant. As you enter puberty your body perspires more, and you need to pay attention to your hygiene.

Bathing

Taking a bath or shower everyday can help you feel fresher and cleaner. Washing your hair more often will help your skin from getting oily which will help reduce acne outbreaks.



What is the Difference Between Deodorant and Antiperspirant?

Deodorant and antiperspirant are two different products people use to keep themselves smelling fresh and clean. Deodorant helps to mask body odour, which is the smell that can happen when you sweat. When you play sports or do physical activities, our bodies produce sweat, and bacteria on our skin mix with that sweat and create an odour.

Deodorants contain ingredients that fight against these bacteria and make us smell better. They come in different forms like sprays, sticks, or roll-ons, and they usually have nice smells, like flowers or fruits.

Antiperspirants are designed to help reduce sweating. When we get hot or exercise, our bodies produce sweat to cool down.

Antiperspirants contain ingredients that block the sweat glands in our armpits, where we tend to sweat the most. By blocking the sweat glands, antiperspirants help reduce the amount of sweat that comes out.



Questions

Answer the questions below using evidence from the text.

1) Why is it a good idea to wash your hair more often during puberty?

2) What causes the odour when you sweat?

Multiple Choice

Which product is the best for the situation described. Circle the best answer

1. You are wearing a thin top that will show wet marks when you sweat.	Deodorant	Antiperspirant
2. You have bad body odour after gym class.	Deodorant	Antiperspirant
3. You ride on a crowded bus and do not want anyone to notice your body odour.	Deodorant	Antiperspirant
4. You sweat so much after running track that your clothes are wet.	Deodorant	Antiperspirant
5. Your underarms smell on a hot day.	Deodorant	Antiperspirant
6. You want to prevent sweating at a sports event.	Deodorant	Antiperspirant
7. You want to stay fresh after playing outside.	Deodorant	Antiperspirant
8. You are nervous and might sweat during a presentation.	Deodorant	Antiperspirant

Activity – Hygiene Habits

Objective

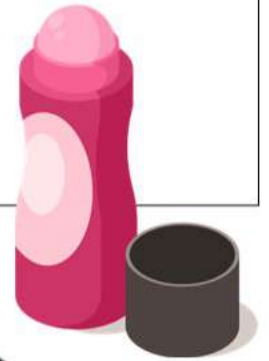
What are we learning about?

To help Grade 4 students understand the importance of maintaining good hygiene, especially as they approach puberty.

Material

What you will need for the activity.

1. Large smart board or whiteboard and markers
2. Hygiene items (e.g., toothbrush, toothpaste, deodorant, shampoo, etc.)
3. Small slips of paper with hygiene-related scenarios
4. A hat or container for the scenarios
5. Drawing materials



Method

How you will complete the activity.

- 1) Begin with a group discussion about the concept of hygiene and why it is important, especially during puberty when body changes can affect personal cleanliness.
- 2) Display different hygiene products (soap, toothpaste, toothbrush, deodorant, shampoo, etc.) and ask students to identify them and explain their uses.
- 3) Divide the students into groups and have each group pick a slip of paper with a scenario from the hat. They should think about how they could improve their hygiene using healthy hygiene practices (e.g., brushing teeth, deodorant, etc.)
- 4) Ask each group to prepare a skit that represents their scenario, demonstrating the hygiene practice needed and why it is important.
- 5) After each group has presented their scenario, facilitate a class discussion about what they have learned.

Activity – Hygiene Habits

Scenarios

Cut out the prompts to put in a hat that groups can select

"You have just finished an hour of intense soccer practice."

"You wake up in the morning and are getting ready for school."

"You have been playing with your friends on a muddy trail."

"You've spent the summer swimming in a public pool."

"You are going to an outdoor wedding in a hot weather, wearing your best clothes."

"You have just finished eating a spicy garlic pizza for dinner and are going to a friend's house."

"Your feet feel sweaty all the time and your shoes smell bad."

"You have just come home from a camping trip where showers were not available."

"Your hair feels greasy, and you have some pimples on your forehead."

PREVIEW

Changes to Emotions During Puberty

Emotions During Puberty

Puberty is a time when your body goes through a lot of changes as you grow from a child to an adult. Your body will start to develop and change in many ways, and your emotions might feel like they are changing too. It is normal to feel a little confused or overwhelmed by these changes, but there are things you can do to help yourself feel better.

What Changes Can I Expect to Have on My Emotions?

During puberty, you might experience stronger emotions, such as feeling more sad, anxious, angry, or happy. You may not always know why you are feeling the way you do. You might also feel more self-conscious, worried about what other people think of you, or feel like you are not sure who to talk to if you have any questions.

What Can You Do To Cope With Emotional Changes?

There are some ways to help you deal with these changes including:

- Talk to someone you trust about how you are feeling. This could be a parent, teacher, counselor, or another trusted adult.
- Take care of yourself. Make sure you are eating healthy foods, getting enough sleep, and exercising regularly.
- Try to remember that everyone goes through puberty, and it is a normal part of growing up. It might feel overwhelming at times, but it will not last forever. With time and patience, you will start to feel more comfortable with the changes happening in your body and emotions.




True or False

Is the statement true or false?

1) Your body changes inside and outside during puberty.	True	False
2) During puberty you will have changes in how you feel.	True	False
3) If you feel confused during puberty it is best to keep it to yourself.	True	False
4) Making healthy food choices, and getting exercise is helpful.	True	False
5) You will be the only one who feels differently during puberty.	True	False

Draw and label three emotions you are feeling now.

Questions

Answer the questions below using evidence from

1) What kind of emotional changes can you expect during puberty?

2) What are some things you can do to feel better during puberty?

Activity – Emotions Board Game

Objective

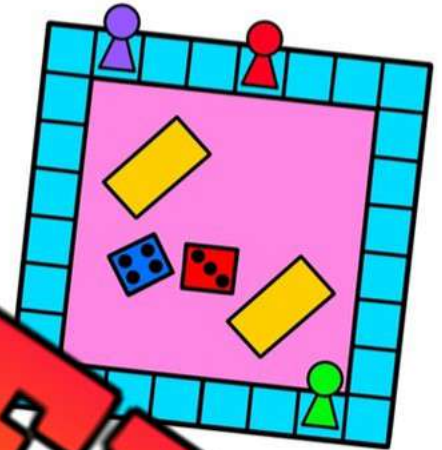
What are we learning about?

Students will identify different emotions, describe situations that cause these feelings, and practise healthy ways to manage and express their emotions respectfully.

Materials

What do you need for the activity?

- Printed Strong Emotions Game Board
- Question sheets (Green, Blue, Yellow Zones)
- 1 die
- Game pieces or counters (1 per player)
- Pencil (optional, for reflection)



Method

How will you complete the activity?

- 1) Place the board game on a flat surface and keep the question sheets nearby.
- 2) Each player chooses a game piece and places it on the START space.
- 3) Players take turns rolling the die and moving forward the number of spaces shown.
- 4) When a player lands on an emotion, they answer one matching question from the question sheet.
- 5) Other players listen respectfully while their classmate is speaking.
- 6) Continue taking turns until all players reach the finish or time is up.

Green Zone (Calm, happy, and ready to learn feelings)



Happy



Proud



Relaxed



Focused



Calm

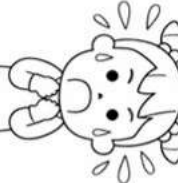


Furious

Terrified



Panicked



Out of control



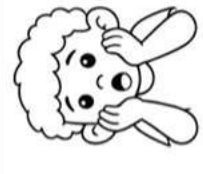
Angry



Worried



Anxious



Silly



Shy



Excited



Start



Tired



Bored



Sad



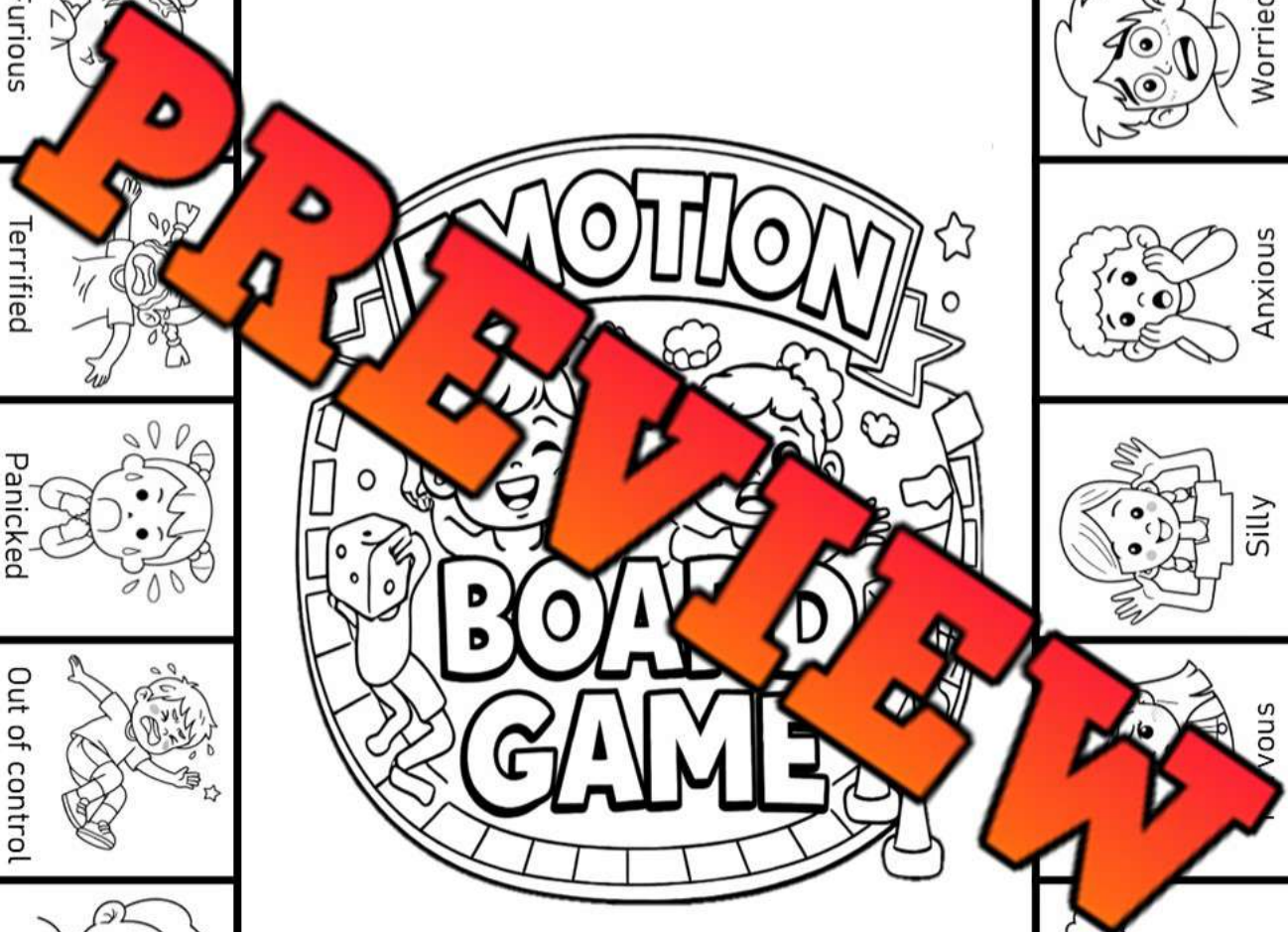
Disappointed



Blue Zone (Low energy, sad, or tired feelings)

Red Zone (Very strong feelings that are hard to control)

Yellow Zone (Big feelings, but still in control)



Question Page

Pick one question to ask.

Green Zones Questions

Happy	What usually makes you feel happy?	What is your favourite happy memory?	How can you spread happiness to others?
Relaxed	When do you feel most relaxed?	What activities help your body feel calm?	Why is it important to relax sometimes?
Proud	What is something you are proud of?	How did you feel after accomplishing it?	How can you help others feel proud too?
Focused	When do you focus?	What can you do to avoid distractions?	Why is focus important for learning?
Calm	What helps you stay calm during a problem?	When do you calm down?	Why is being calm helpful?

Blue Zones Questions

Tired	What makes you feel tired?	How can you get more energy?	How can you get your body tired?
Bored	When do you usually feel bored?	How can boredom help you be creative?	What is something fun you can do when feeling bored?
Sad	What sometimes makes you feel sad?	Who do you talk to when you are sad?	What helps you feel better?
Disappointed	When was a time you felt disappointed?	How can you stay positive after disappointment?	How can disappointment help you grow?

Question Page

Pick one question to ask.

Red Zones Questions

Angry	What can make someone feel angry?	What should you NOT do when angry?	Who can help you when anger feels big?
Panicked	What might cause someone to panic?	What is the first thing you should do if you panic?	How can slow breathing help?
Frightened	What are some things that scare kids?	Who helps you feel protected?	How can you remind yourself that you are safe?
Furious	What can happen if you get angry?	What is a safe way to release big feelings?	Why is it important to pause before reacting?
Out of Control	What does "out of control" mean?	What signs tell you when you are out of control?	What strategy can help you regain control?

Yellow Zones Questions

Worried	What things make kids worry?	What do you do when you are worried?	Can you turn a worry into a goal?
Anxious	When might someone feel anxious?	What does your body feel like when anxious?	What is helpful to do about your worries?
Silly	When do you act silly?	How can silliness make people laugh?	When should you stop being silly?
Nervous	What situations make you nervous?	Who can support you when nervous?	What can you tell yourself to stay confident?
Excited	What are you excited about right now?	How does your body feel when excited?	Why is excitement a good feeling?

Stronger Emotions

Why Do My Feelings Seem Out Of Control?

During puberty, your brain starts to produce and release hormones, which are special chemicals that affect how you feel. These hormones make you have stronger feelings. It is normal to experience mood swings and feel more emotional.

What Can I Do to Feel Better?

Some of the feelings you experience can be overwhelming, and it is important to take care of yourself. Taking care of yourself means doing things that make you feel good and help you relax. Here are some self-care strategies you can try:

- Take breaks: When you are feeling overwhelmed, take a break from whatever you are doing. Take deep breaths and give yourself some time to calm down.
- Talk to someone: Share your feelings with a trusted friend or family member.
- Be active: Do things that make you happy and help you relax.
- Get 9-11 hours of sleep: Being tired makes it harder to control your emotions.
- Exercise and eat well: Physical activity and eating healthy foods can positively impact your mood. Eat a diet with plenty of fruits, vegetables, and whole grains.
- Practice relaxation: Try deep breathing, meditation, or yoga to calm yourself.

Remember, everyone goes through puberty and experiences strong emotions. It is a normal part of growing up. By taking care of yourself and using these strategies, you can help yourself feel better during this time.



Questions

Answer the questions below using evidence from the text

1) What causes you to have stronger feelings during puberty?

2) Why do you think learning about hormones and stronger feelings can help you when you are overwhelmed during puberty?

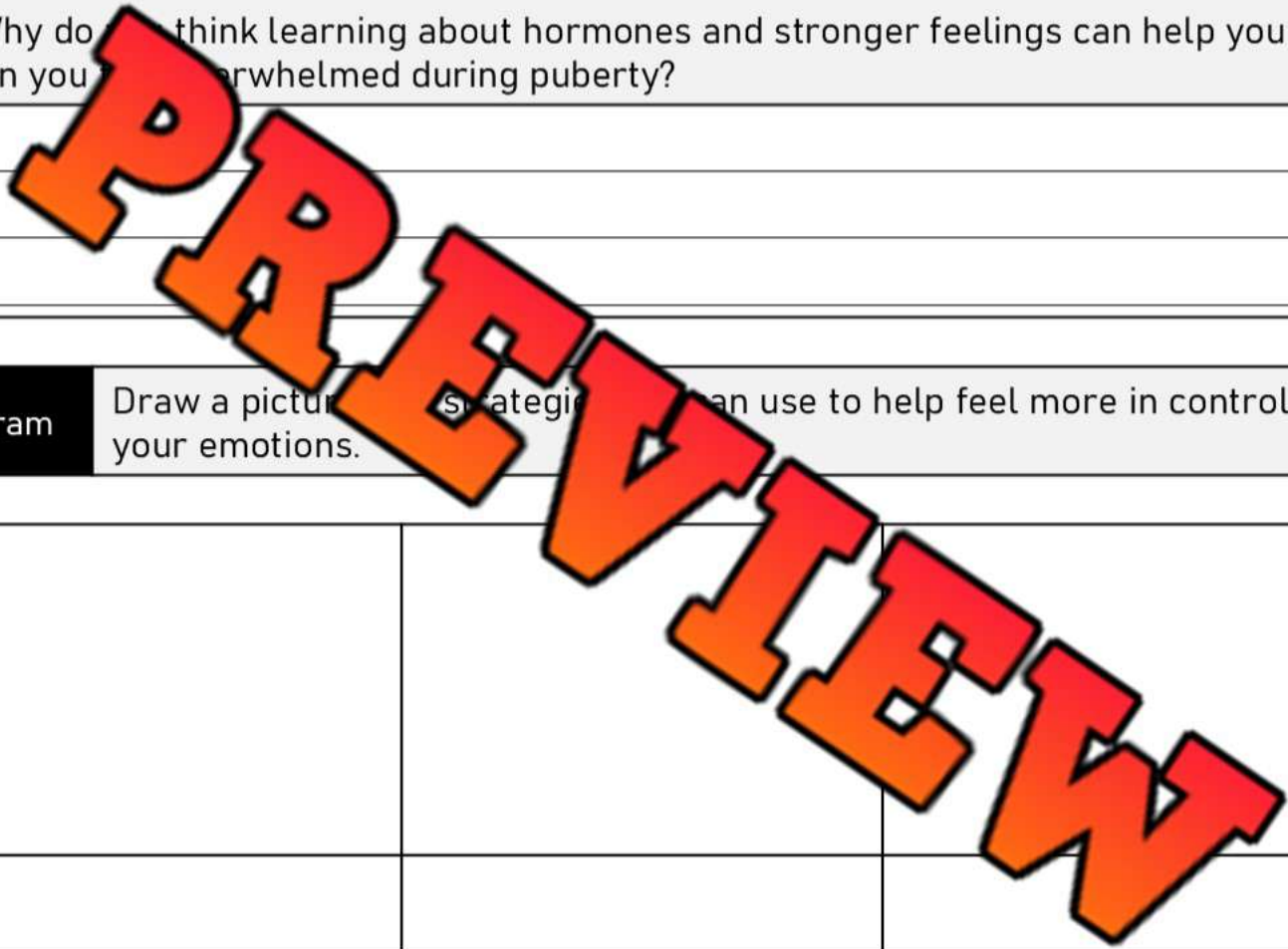
Diagram

Draw a picture of a strategy you can use to help feel more in control of your emotions.

True or False

Is the statement true or false?

1) Telling someone about how you feel can help you feel better.	True	False
2) Being active makes you tired and cranky.	True	False
3) Deep breathing can help you feel calmer.	True	False
4) Your diet is not connected to your feelings.	True	False
5) Being well rested can help you control your emotions.	True	False



Activity – Identify Emotions

Read the following scenarios and identify how you think the person is feeling. You can list more than one feeling if you think they have several feelings.

1)	You have to give your speech in front of the class that day.	
2)	You lost your dog.	
3)	One of your friends had a big argument.	
4)	You do not know how your homework is done?	
5)	Your best friend joins sports team and is meeting new people that they don't like.	
6)	You fell in front of everyone in the hallway and everyone laughed.	
7)	Your parents will not let you go to the mall with your group of friends.	
8)	Your grandfather is in the hospital and is very sick.	
9)	You were chosen for the lead in the class play.	

Your Turn

Write your own scenarios and the feelings the person may have.

1)		
2)		
3)		

Activity – Stronger Emotions Role Play

Objective

What are we learning about?

To help students understand the strong emotions that can occur during puberty, practise healthy ways to manage these feelings, and develop empathy by responding appropriately to real-life scenarios through role-play.

Materials

What do we need for our activity?

- Paper
- Pens
- Scenario cards
- Container to hold the slips of paper



Method

How do we do the activity?

1. Introduce the topic of puberty and the strong emotions that often come with it. Discuss the importance of learning to manage and control them. Explain that you will be doing a role-play activity to practise coping with strong emotions and supporting each other.
2. Divide the students into pairs or small groups. Each pair or group will participate in at least one role-playing scenario.
3. Have each pair or group randomly draw a scenario from the container.
4. Give the students a few minutes to discuss their scenario and decide on the roles each person will play.
5. Have the pairs or groups take turns acting out their scenarios in front of the class. Encourage the students to demonstrate empathetic behaviour in their role plays.
6. After each role play, facilitate a brief class discussion about the scenario. Asking questions such as, "How do you think this person would feel in the scenario?"
7. Repeat the process until all pairs or groups have had a chance to act out their scenarios.

Scenario Cards

Cut out the topics below.

Scenario	Key Moments/Descriptions
Feeling Left Out	A student notices their friends talking about a party they were not invited to. They begin to feel sad and excluded. The student must decide how to express their feelings respectfully and find healthy ways to cope.
Homework Overload	A student has multiple assignments due at the same time and feels overwhelmed. They need to figure out how to stay organized, prioritize tasks, ask for help if needed, and manage their time wisely.
Misunderstanding with a Friend	Two friends misinterpret each other's words, and one feels hurt. The situation highlights the importance of listening, communicating clearly, apologizing if needed, and solving conflicts peacefully.
Peer Pressure to Break a Rule	A group of friends encourages a student to break a school rule. The student feels uncomfortable and must decide how to say no, stand up for their values, and make a safe choice.
Dealing with a Disappointment	A student does not make the sports team or reach an important goal. They feel discouraged and upset. The student needs to practise resilience, stay positive, and think about what they can improve next time.

Scenario Cards

Cut out the topics below.

Scenario	Key Moments/Descriptions
Argument with a Sibling	After a disagreement at home, a student feels angry and frustrated. The situation focuses on calming down, expressing emotions appropriately, and finding ways to repair the relationship.
Public Speaking Anxiety	A student is nervous about to present in front of the class and feels shy. The student must use strategies such as deep breathing, positive self-talk, and preparation to build confidence.
Dealing with a Loss	A student is grieving the loss of a loved pet or family member. The student needs support from trusted people and should understand that it is okay to feel sad while learning healthy coping strategies.
Bullying Situation	A student is being teased or bullied by classmates and feels scared and hurt. The scenario emphasizes telling a trusted adult, seeking support, and standing up safely against bullying.
Feeling Overwhelmed with Changes	A student is experiencing many physical and emotional changes during puberty and feels confused. The student should recognize that these changes are normal and learn to ask questions and seek guidance from trusted adults.

Activity – Stronger Emotions Role Play

Questions

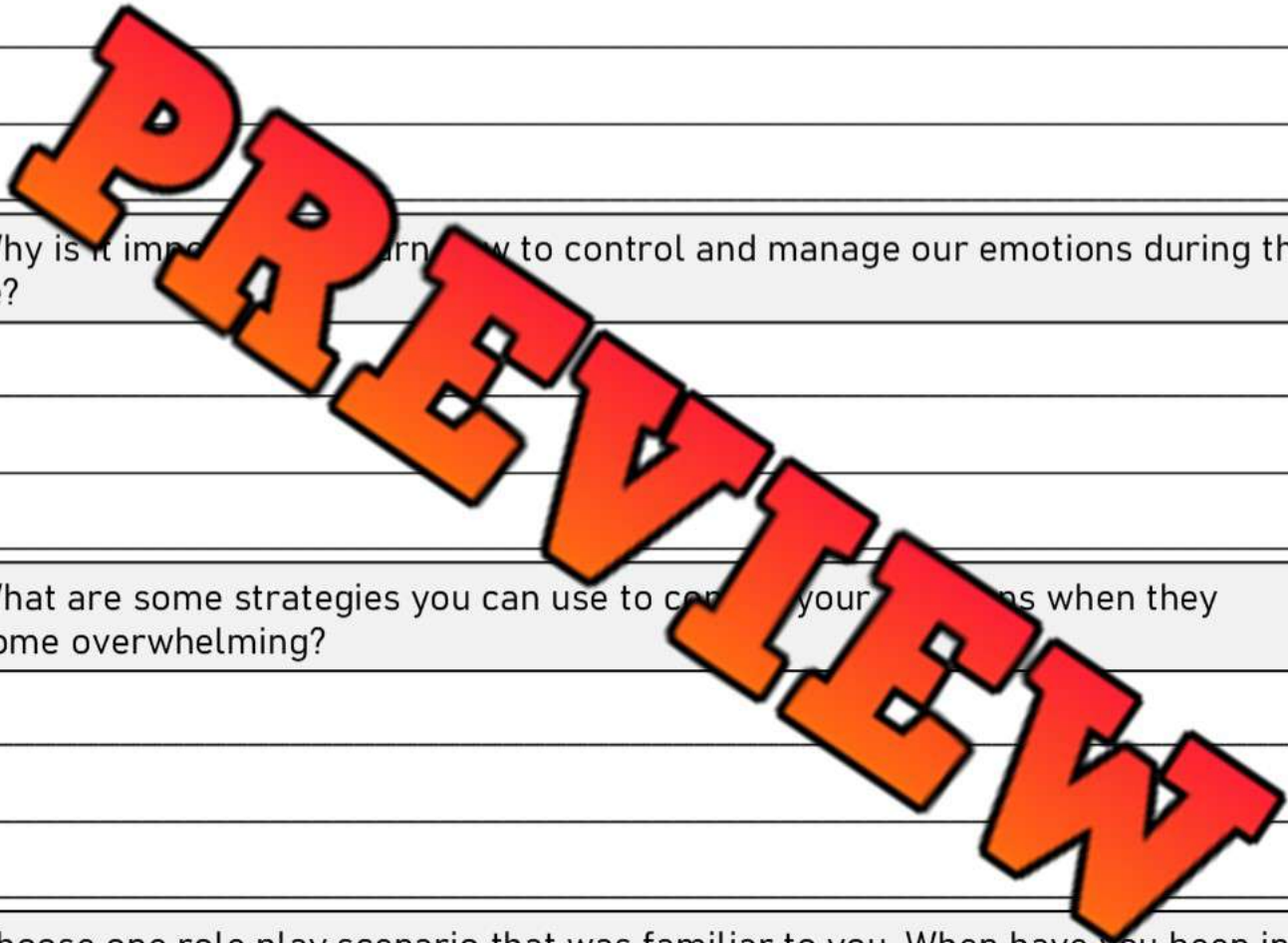
Answer the questions below using evidence from the text.

1) What are some common emotions that you might experience during puberty when hormones make you feel things more strongly?

2) Why is it important to learn how to control and manage our emotions during this time?

3) What are some strategies you can use to control your emotions when they become overwhelming?

4) Choose one role play scenario that was familiar to you. When have you been in this situation? How did you feel? What did you do to get past it?



Exit Cards

Cut Out Cut out the exit cards below and have students complete them at the end of class.









Name: _____

Circle the face that matches how the situation supports your emotions.

1) Friends respect your choices.		
2) You do something wrong just to fit in.		
3) Trust your feelings if something feels wrong.		
4) Good friends make you feel safe.		




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Relationship Changes During Puberty

Relationship Changes During Puberty

When you go through puberty, your relationships with your peers might start to change. Here are some reasons why this happens and some strategies to cope with these changes:

Hormones: During puberty, your body goes through hormonal changes that can affect your emotions. You might feel more sensitive, moody, or have strong feelings. This can lead to new ways you behave towards your friends and lead to arguments.

Strategy:

- 1) Understand that everyone is going through changes.
- 2) Take deep breaths
- 3) Give yourself and your friends some space if things get overwhelming.
- 4) Talking honestly about your feelings can help resolve misunderstandings.

New interests and hobbies: As you grow older, you might have new interests or hobbies that are different from your friends. You may discover new activities or have different goals. This can sometimes lead to a shift in your friendships.

Strategy:

- 1) Enjoy your new interests while being open to trying your friends' interests too.
- 2) Find common ground by doing activities that you both enjoy.
- 3) Remember, it is okay to have different interests, it is a chance to make new friends.



Questions

Answer the questions below using evidence from the text.

1) When you have disagreements with your friends what are they about? How do you resolve them?

2) How can you show your friends you accept them even when they are physically changing?

True or False

Is the statement true?

1. Respecting others opinions even if you disagree helps relationships.	True	False
2. When you communicate you should talk more and listen less.	True	False
3. Remembering everyone goes through puberty at the same time helps relationships.	True	False
4. Compromising is a sign of weakness when you have a disagreement.		False
5. Talking about how you feel helps your relationships.		False

Word Search

Find the words in the wordsearch

<input type="checkbox"/> Balance	<input type="checkbox"/> Strategy
<input type="checkbox"/> Opinion	<input type="checkbox"/> Communication
<input type="checkbox"/> Respect	<input type="checkbox"/> Relationship
<input type="checkbox"/> Learn	<input type="checkbox"/> Puberty
<input type="checkbox"/> Listen	<input type="checkbox"/> Friends

S	P	M	B	A	L	A	N	C	E	P	U	B	E	R	T	Y
C	O	M	M	U	N	I	C	A	T	I	O	N	T	B	R	F
O	P	I	N	I	O	N	S	T	R	A	T	E	G	Y	P	R
R	E	S	P	E	C	T	F	R	I	E	N	D	S	M	U	Z
R	E	L	A	T	I	O	N	S	H	I	P	S	L	U	W	P
K	J	C	I	D	E	W	L	E	Y	G	M	O	B	H	J	K
T	K	B	O	L	C	I	M	Q	O	H	D	L	D	U	G	L
L	E	A	R	N	L	I	S	T	E	N	I	U	A	D	I	X

Activity - Relationship Questions Puzzle

Objective

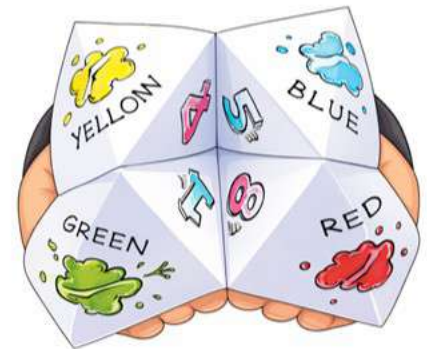
What are we learning about?

To help students explore and understand relationship changes during puberty by creating thoughtful questions that promote reflection, communication, and empathy.

Materials

What do we need for our activity?

- Paper
- Scissors
- Pencil or pen



Method

How do we do this activity?

1. Review the topic "Relationship Changes in Puberty" with the class. Discuss how friendships, family relationships, emotions, and interests may change as they grow, and remind students that these changes are normal.
2. Give each student a copy of the puzzle template.
3. Guide students in folding the paper step-by-step to form a proper puzzle shape. Model the folding process in front of the class so everyone follows correctly.
4. Ask students to write one thoughtful question in each puzzle section about relationship changes that may happen during puberty.
5. Encourage them to think about topics such as friendships, family relationships, emotions, misunderstandings, communication, respect, and new interests.
6. After completing the puzzle, have students pair up and take turns asking and answering each other's questions.
7. Remind students to listen respectfully and respond honestly to promote meaningful conversations.

Relationship Questions Puzzle

Instruction

In each blank section of the puzzle, write one thoughtful question about relationship changes during puberty (for example, friendships, family relationships, feelings, or misunderstandings).

1

2

3

4

5

6

7

8

9

PREVIEW

Crushes

What Is A Crush?

A romantic crush is when you have strong feelings of liking or loving someone.

Who Is Your Crush?

Who do people typically have crushes on? A crush is:

- someone you know or have seen but are not in a romantic relationship with yet.
- someone of a different age from you.
- they can be the same gender as you, or a different gender.
- a crush can last for a few hours, but sometimes a crush becomes a relationship.

Having a crush is a natural part of growing up and learning about relationships.

Remember that your crush is not responsible for your feelings. If you have a crush, you need to understand and respect the feelings of the person you have a crush on.

Should You Tell Anyone You Have A Crush?

If you tell a friend, there is the risk that they will tell someone else. People often find it difficult to keep a secret about a crush. If you do not want your crush to know how you feel, be careful about telling friends. Some people like to tease people about their crush.

Should You Act On A Crush?

Young people are still developing emotionally and may not be ready for the consequences of acting on a crush. It is best for you to focus on building friendships, and getting to know the person you have a crush on, before considering any kind of romantic relationship. It is always a good idea to talk to a trusted adult or counselor if you have questions or concerns.



True or False

Is the statement true or false?

1) A crush is a 2-person relationship.	True	False
2) Some crushes last only a short amount of time.	True	False
3) There are no risks in talking openly about your crush.	True	False
4) If you tell someone that you like them, they will like you back.	True	False
5) A crush is a relationship.	True	False

Question

Why should you be careful about telling someone about your crush?

Smart Choices

Write **SC** for Smart Choice or **not SC** for not a Smart Choice

1	Respecting someone's feelings	
2	Spreading rumours about a crush	
3	Staying focused on schoolwork	
4	Pressuring someone to like you back	
5	Talking to a trusted adult or friend when you feel confused about your feelings	
6	Teasing someone about who they like	
7	Being honest but kind when sharing your feelings	

Finding the Way Through Feelings

Instruction

Draw yourself in the top box and draw your crush or a loved one in the bottom box. Then, carefully solve the maze by finding a path from yourself to the other person. As you work, think about how building healthy relationships takes patience, understanding, and respect.



True or False

Is the statement true or false?

1) Seijin Shiki is a Japanese ceremony for those who turned 20 that year.	True	False
2) Walkabout is an Australian tradition where boys live in the wilderness.	True	False
3) The Apache Sunrise Ceremony is for males who will become chiefs.	True	False
4) Samburu is a Kenyan tradition where boys have to kill a lion.	True	False
5) Rites of passage for each culture are celebrated in the same way.	True	False

Unscramble the correct word on the line.

LATURI	TULDA	
YMALFI	NITROTIDA	
MYCREEON	ETHASEL	
TUMOMYINC	TREOC	

Questions

Answer the questions below using evidence from the text.

1) What are 3 things you learned about Seijin Shiki?

2) What are 3 things you learned about the Apache Sunrise ceremony?

True or False

Read the statements to the class.

#	Statement	True or False
1	Coming of age rituals celebrate the transition from childhood to adulthood.	True
2	All cultures have the same coming of age traditions.	False
3	A Bat Mitzvah is a Jewish ceremony for young people entering adulthood.	True
4	Quinceañeras are celebrated when a girl turns 10 years old.	False
5	Coming of age ceremonies often include family and community.	True
6	Rumspringa allows Amish youth to explore the outside world before deciding their future.	True
7	Coming of age rituals only about giving gifts.	False
8	Some traditions focus on teaching skills and maturity.	True
9	Inuit coming of age traditions may involve learning survival skills.	True
10	Only boys can participate in coming of age ceremonies.	False
11	These rituals help young people understand their role in the community.	True
12	Music, dancing, and celebrations can be part of some traditions.	True
13	Coming of age rituals mean a person no longer needs guidance from adults.	False
14	Different cultures celebrate growing up in meaningful ways.	True
15	A quinceañera marks the journey from girlhood to womanhood.	True
16	Coming of age traditions are unimportant in modern society.	False
17	Many ceremonies include special clothing or symbols.	True
18	These rituals can strengthen cultural identity.	True
19	Turning 5 is commonly celebrated as a coming of age worldwide.	False
20	Coming of age rituals remind young people that growing up includes new responsibilities.	True

Bar/Bat Mitzvah

Bar/Bat Mitzvah

When Jewish boys reach 13 and girls reach 12 or 13 (depending on the community), they celebrate a Bar Mitzvah for boys or a Bat Mitzvah for girls. The terms mean "son of the commandment" and "daughter of the commandment" in Hebrew.

- Age: 13 is considered the age at which children are responsible for their actions and must observe Jewish law and tradition.
- Preparation: Before the Bar/Bat Mitzvah, the child studies, including learning to read Hebrew.
- Ceremony: The ceremony takes place in a synagogue during a Sabbath (Sabbath) service with the child participating. This participation in service symbolizes their new status as an adult in the eyes of Jewish religious law.
- Celebration: There is a celebration with friends and family afterwards.
- Responsibilities: After the Bar/Bat Mitzvah, the individual is expected to participate in Jewish community life.
- Tzedakah Project: Many young people undertake a Tzedakah (charity or justice) project as part of their Bar/Bat Mitzvah preparation. They donate time or money to a worthy cause. This is a way to instill values of community service and engagement.

The specific practices and rituals associated with a Bar/Bat Mitzvah can vary widely between different Jewish communities. All Bar/Bat Mitzvah ceremonies recognize a young person's transition to religious adulthood.

True or False

Is the statement true or false?

1) The Bar/Bat Mitzvah celebration is a Jewish tradition.	True	False
2) The service is conducted in Italian.	True	False
3) All Jewish communities celebrate Bar/Bat Mitzvah in the same way.	True	False
4) Bar/Bat Mitzvah are celebrated when a child is 12 or 13 years old.	True	False
5) Bar Mitzvah means son of the commandment.	True	False

Questions

Write three questions you have after reading the text.

1)	
2)	
3)	

Questions

Answer the questions below using evidence from the text.

1) How do Jewish children prepare for their Bar/Bat Mitzvah?

2) What is something you could do for a Tzedakah Project if you were Jewish?

Story – Ethan’s Bar Mitzvah

Ethan’s Bar Mitzvah

Once upon a time, in a small town called Harmonyville, there lived a boy named Ethan. Ethan was about to turn thirteen, which meant it was time for him to prepare for his Bar Mitzvah, a very special and important event in his Jewish community.

Ethan was excited but also a little nervous about his upcoming Bar Mitzvah. His parents, David and Rachel, explained to him that becoming a Bar Mitzvah meant he would take on more responsibility and be considered an adult in the eyes of the Jewish community. It was a big milestone, and Ethan couldn't wait to begin his journey.

To prepare for his Bar Mitzvah, Ethan started attending special classes at the synagogue. He learned about the Torah, the holy book of the Jewish people, and studied Hebrew and practiced reading the ancient texts aloud. Ethan also learned about the stories and teachings of his ancestors, which would guide him in his own life.

As part of his preparation, Ethan met with the cantor, a person who leads the congregation in prayer. The cantor taught Ethan the melodies and chants used during the Bar Mitzvah service. They spent many hours practicing together, making sure Ethan could recite the prayers with confidence and understanding.

In addition to the religious studies, Ethan had to choose a project that would make a positive impact on the community. Ethan loved music, so he decided to organize a benefit concert to raise funds for a local children's hospital. He reached out to local musicians and invited them to perform. Together, they rehearsed and planned an incredible event that would bring joy to many children.



Story – Ethan’s Bar Mitzvah

Finally, the big day arrived. The synagogue was filled with family, friends, and members of the community, all eager to celebrate Ethan's Bar Mitzvah. Ethan stood on the bimah, a raised platform at the front of the synagogue, next to his proud parents. He wore a tallit, a special prayer shawl, and a kippah, a small cap, as a symbol of respect and tradition.

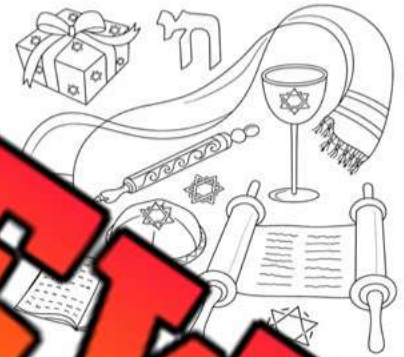
Ethan participated throughout the synagogue as he chanted from the Torah, the words flowing smoothly from his lips. He delivered a meaningful speech, reflecting on the lessons he had learned and his commitment to living a life guided by Jewish values. The community was so impressed by Ethan's knowledge and maturity.

After the service, everyone gathered for a joyous celebration, known as a reception. There was delicious food, lively music, and lots of dancing. Ethan's family and friends showered him with love, gifts, and heartfelt wishes for a bright future.

As Ethan looked around at the smiling faces and felt the warmth of the community, he realized that his Bar Mitzvah was not just about him. It was a celebration of his heritage, a way to honor his family, and an opportunity to strengthen his connection with his Jewish community.

From that day forward, Ethan embraced his newfound responsibility as a young adult in his community. He continued to study, pray, and perform acts of kindness. Ethan knew that his Bar Mitzvah was just the beginning of a lifelong journey of learning, giving, and making a positive impact on the world around him.

Ethan's Bar Mitzvah became a cherished memory, inspiring him to live a life filled with faith, love, and the values he held dear.




Story – Ethan’s Bar Mitzvah


Instruction

After reading *Ethan’s Bar Mitzvah*, think about your four favourite parts of the story. Draw each scene in the boxes provided, showing the important events and characters, you enjoyed the most. Arrange your drawings to retell the story from beginning to end.


Scene 1



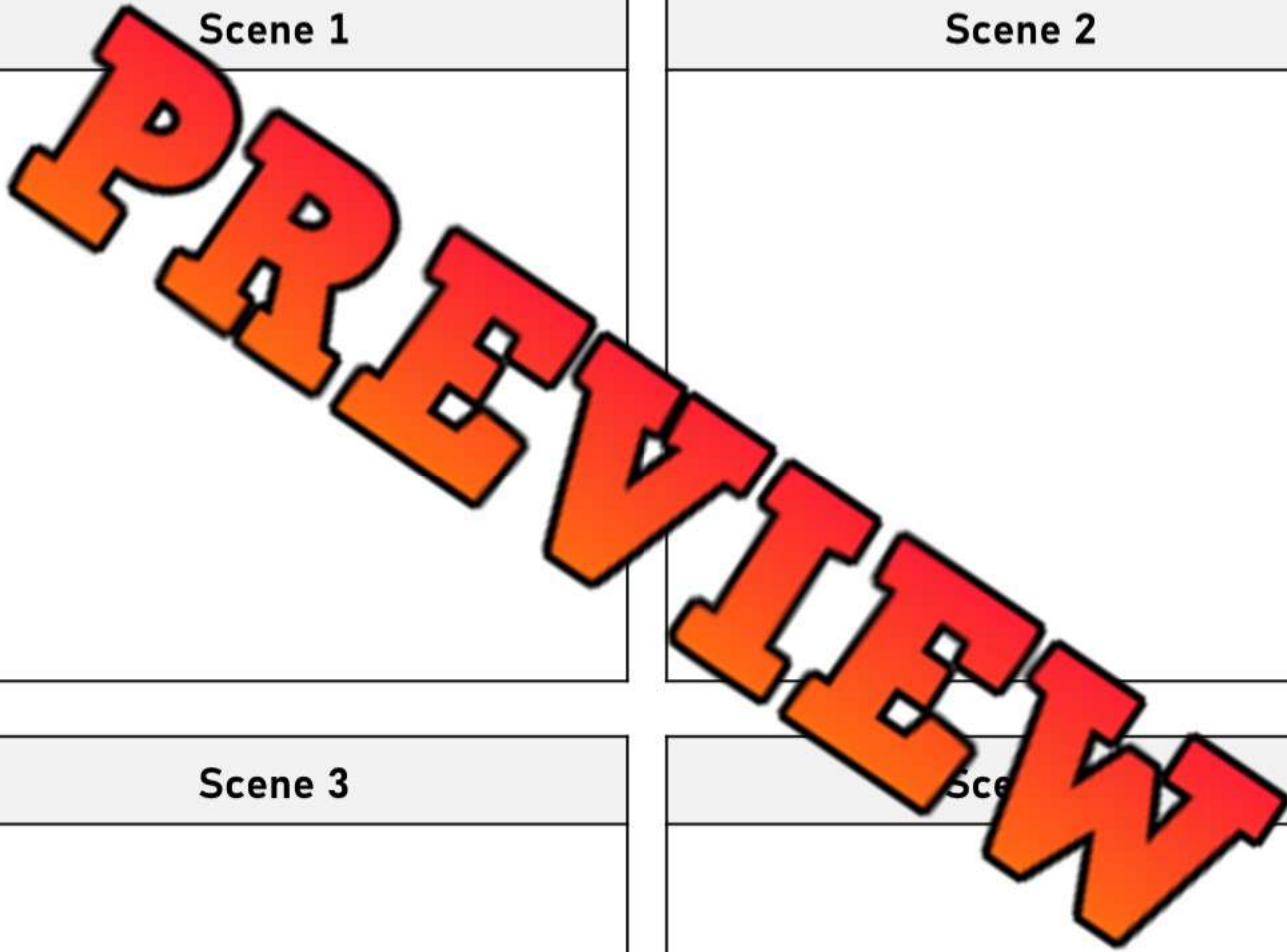
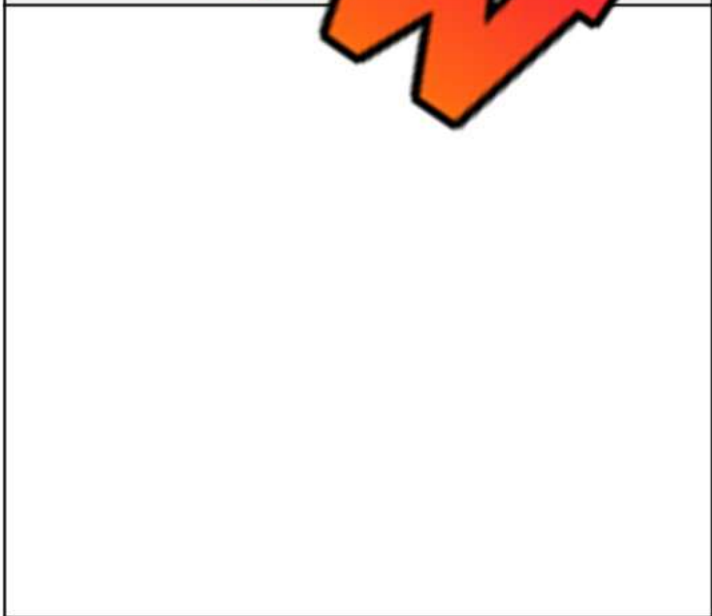
Scene 2



Scene 3



Scene 4



Inuit Coming of Age Tradition

Inuit Coming of Age Tradition

The Inuit people have a tradition on North Baffin Island, which is in the Arctic region of Canada. This tradition is called the Inuit Coming of Age ceremony. When boys and girls are 11 or 12 the event celebrates that they are changing from children to adults.



Skills and Abilities

During the Coming of Age ceremony, the young person participates in various activities and tests to demonstrate their skills and abilities. These activities are designed to show that they are ready to take on more responsibilities and contribute to their community.

- Hunting has always been an essential part of Inuit life. During the ceremony, young individuals might join a hunting party led by experienced hunters. They can show their ability to provide for themselves and their community.
- Another part of the ceremony is storytelling. Inuit culture has a rich oral tradition, and storytelling is important for passing down knowledge, history, and values. The young person might share a story or listen to stories from elders.

Celebration

The Coming of Age ceremony also involves dancing, singing, and drumming. These are important cultural expressions in Inuit communities and are used to celebrate and bring people together. It is a time of celebration and recognition as young people become adults and take on more responsibilities within their community.

True or False

Is the statement true or false?

1) North Baffin Island is located in the United States.	True	False
2) When Inuit children turn 11/12, they participate in a Coming of Age ceremony.	True	False
3) Storytelling and hunting are important parts of the tradition.	True	False
4) Dancing, singing and drumming are part of the ceremony.	True	False
5) Only boys part in the coming of age tradition.	True	False

Connect what you know of the traditions and history passed down in your family?

PREVIEW

Questions

Answer the questions below using evidence from the text.

1) Why is storytelling important in Inuit tradition?

2) Why is it important for Inuit children to learn hunting skills?

Unit Test – Human Development

Multiple Choice

/10

<p>1. Puberty is when:</p> <p>a) Your body goes through changes to become an adult.</p> <p>b) You are 8.</p> <p>c) Girls and boys turn 13.</p> <p>d) You turn 18.</p>	<p>2. Puberty is caused when:</p> <p>a) Your body produces and releases hormones that cause it to grow.</p> <p>b) Boys play more sports.</p> <p>c) Girls' voices get higher.</p> <p>d) All of the above.</p>
<p>3. Puberty is:</p> <p>a) At the same age for everyone.</p> <p>b) To some people.</p> <p>c) When it is safe for boys to have girlfriends.</p> <p>d) To everyone in their family.</p>	<p>4. During puberty you will have changes to:</p> <p>a) Your skin.</p> <p>b) Your size.</p> <p>c) Your emotions.</p> <p>d) All of the above.</p>
<p>5. Acne is caused by:</p> <p>a) Pimples.</p> <p>b) Not washing your hair.</p> <p>c) Overactive oil glands in the skin.</p> <p>d) Squeezing your pimples.</p>	<p>6. To have good hygiene you should:</p> <p>a) Shower and wash hair regularly.</p> <p>b) Wear clean fitting clothes.</p> <p>c) Use perfume.</p> <p>d) Avoid the sun.</p>
<p>7. During puberty you experience stronger emotions because,</p> <p>a) You will have your first crush.</p> <p>b) Your body releases more hormones.</p> <p>c) You have more opinions.</p> <p>d) You have more disagreements.</p>	<p>8. You know you've washed your hands long enough to get clean if:</p> <p>a) You do not see and feel soap bubbles.</p> <p>b) You sing Happy Birthday while washing.</p> <p>c) They do not feel sticky.</p> <p>d) There is no dirt on the towel when you dry them.</p>
<p>9. Which of the following is a Coming of Age Ritual?</p> <p>a) Bar/Bat Mitzvah.</p> <p>b) Quinceañera.</p> <p>c) Rumspringa.</p> <p>d) All of the above.</p>	<p>10. A Bar Mitzvah is a</p> <p>a) Ceremony held in a church.</p> <p>b) celebration when a Jewish girl turns 13.</p> <p>c) Jewish tradition.</p> <p>d) Amish tradition.</p>

Define

What do the terms below mean?

Term	Definition - What does it mean?
Puberty	
Unique	
Hyg	

Short Answer

Answer 3 questions below - Each question is worth 3 marks.

1) What are 3 changes you might expect during puberty?

2) What are 3 reasons why your relationships may change during puberty?

3) What is the difference between deodorant and antiperspirant?
