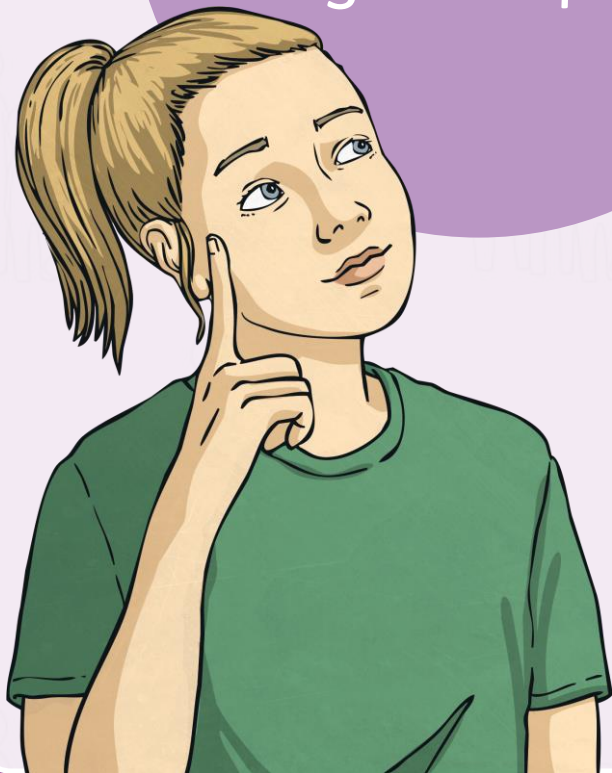


Changing Emotions

A central graphic featuring a large blue male symbol (♂) and a large purple female symbol (♀) overlapping each other. To the left is a chemical structure of a complex organic molecule with a benzene ring, a hydroxyl group (HO), a methyl group (CH₃), and another hydroxyl group (OH). To the right is another complex organic molecule with a cyclohexene ring, a carbonyl group (C=O), a methyl group (CH₃), and a hydroxyl group (OH). Below the female symbol is a small white cloud containing the text 'twinkl'. On the left, a girl with dark skin and hair is shown with a sad expression, her arms crossed. On the right, a boy with red hair is shown with a thoughtful expression, his hand to his ear and another hand held out.

How do feelings
change as we
grow up?



All Change!

On your tables, there are lots of statements about the changes that young people go through at this time.

In your groups, decide which statements are changes that happen just to boys, girls or changes that happen to both.

Your face shape changes.	creasing eggs.	ucing sperm.	our arms, its.	er.
You get erections (when your penis goes hard and stiff).	hanges.	:art.	genitals.	more oily.
Your voice becomes deeper.	er and fuller.	r and wider.	to grow.	ir on your our face.
Your body sweats more.	ght.	produce s.	et wider.	your face.

Changing Emotions

As well as those changes, there are other changes that both girls and boys may experience as they go through puberty.

It isn't just the way we look that changes, but often the way we feel starts to change around the time of puberty.



Lots of young people say it is like being on an emotional rollercoaster!

Changing Emotions



Some people experience new emotions, or feel like their emotions keep changing suddenly.

One minute, they might be laughing and happy and the next, they might feel quite angry, lonely or sad without any real reason.

Changing Emotions

What sorts of emotions can you see in these pictures?



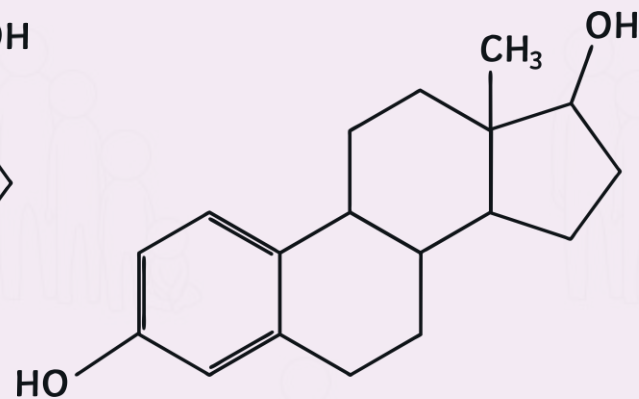
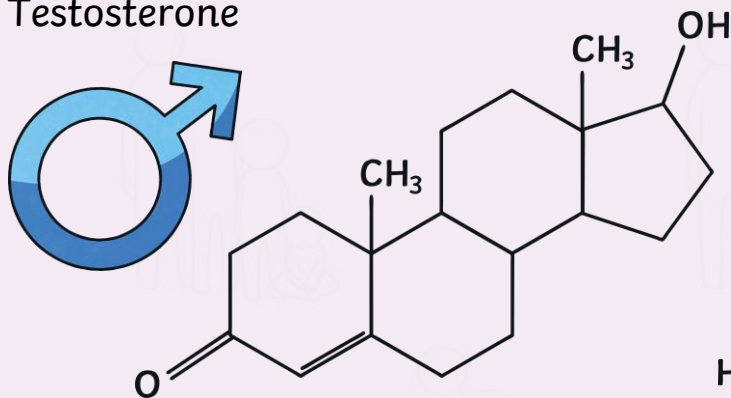
Changing Emotions

Remember those things called **hormones**, which are responsible for all the changes your body goes through during puberty?

Well, your changing emotions are because of those hormones, too!

Testosterone in boys and **oestrogen** in girls are the chemical messengers that travel through your body at the time of puberty, telling it to grow and change and to start turning into an adult.

Testosterone



Oestrogen



Managing Emotions



OK, so our emotions may get a little confusing as we go through puberty. We might have strong feelings that we haven't really had before and we might not have anyone to talk to, or even want to talk about it.

So what can we do to help with these feelings?

How can we manage or cope with these emotions?

Talk to your partner about things you can do when you are feeling emotions like anger, loneliness, shyness, anxiety or embarrassment.

What do you do when you have difficult feelings?

Managing Emotions



Get some time and space alone to calm down.



Do something active – exercise releases feel-good chemicals in your brain.



Do something you enjoy.

Phone or visit a friend.



Write your feelings down – it can help to get them out.



Talk to an adult you trust.

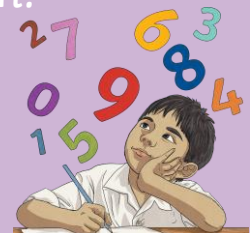
Spend time with a pet.



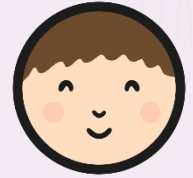
Go for a walk.



Count to ten.



Activity



Create your own mind map to show the different strategies children could use to help manage their emotions.



We will be ending our lesson answering the questions from the anonymous question box.