

changes during Puberty —

Emotions

Lesson 9

Grades
4th & 5th

Leaving Childhood — from Girl to Woman

In this lesson we will explore how the girls feel about leaving their childhood behind, as they become women.

Materials needed: journals, white construction paper, markers, crayons, colored pencils

Today you will need your journals, question cards, and the Petite Amie Pamphlet #3 – Changes during Puberty – Emotions.

Side Note: Give them a bit of time to get out their things. Make sure you have some extra pamphlets for those who forgot theirs.

I'd like you to open your journals to the first lined page. Put the date in the top right hand corner (or however you have your students head their papers). I want you to write about what you enjoy about being a kid. Do you like being able to climb trees? Play with both boys and girls? Not having real responsibilities? Having parents who make all your meals for you? Whatever it is you enjoy about being a kid, write it down. A list is fine. But I want you to keep writing for 3 minutes. Go.

Side Note: Give the girls 3 minutes to write. At the end of 3 minutes, tell them to finish what they are writing and put their pencils down.

If you have more to write, you can do it at the end of this session. Leave space in your journal if you think you'll need additional lines..

Does anyone want to share what you've written?

Side Note: Try to get at least five girls to read to you from their journals. Encourage girls to speak who you know have different interests. Choose girls who are interested in dolls or fashion as well as those interested in sports or video games.

You may get comments such as:

◆ **Playing dress-up**

◆ **Playing outside all afternoon**



- ◆ Summer vacations
- ◆ Getting dirty, and staying dirty
- ◆ Playing dolls
- ◆ Wrestling with my friends
- ◆ Having fun in school



As they tell you what they wrote, you'll want to ask them whether or not they think they'll be able to continue the activities they enjoy when they are teenagers, and when they are women. And if not, why not.

Some girls find that they aren't happy about starting puberty. Some girls complain about getting their periods. If you are unprepared for your period it can be pretty scary. But just because you are becoming a woman, it does not mean you have to give up your childhood. Getting your period is just one step, of many, which will lead to becoming an adult - which should be a happy time in your life. When you have the right support and information there is no need to be frightened or confused. Talk to your parents about how you are feeling. Get ready to celebrate growing up.

But before that happens, enjoy your childhood. Do what you love to do. You aren't required to change your thoughts and feelings until you are ready. Figuring out what kind of woman you want to be when you grow up can take a long, long time.

Today we are going to make some art to illustrate this idea. I want you to look in your journal at what you wrote at the beginning of this lesson. Choose the activity that best illustrates your childhood. You are going to create a poster, which shows this.

Side Note: At this time, pass out 12 x 18 white construction paper and markers, crayons and colored pencils.

Your poster must include two words as part of the art. First, your name. and second, the word 'girl'. Make your poster colorful and fun. It should be everything you feel childhood means to you. You will have time in class to work on this, but if you need more time, you may complete it at home.. As soon as you have an idea about what you are going to draw, you may begin.

Side Note: Give the girls about 45 minutes to work on their posters. Then ask them to clean up their work.

I want you to take 5 minutes and write in your journal. Write about how you think your picture will change, as you become a woman.

It's been 5 minutes; finish up what you are writing. Does anyone want to share with the class what you wrote?

Side Note: Let 3 or 4 girls speak. Try to have girls share that have different views of what being a woman means.

For homework, you are to write at least a full page in your journal about what you think you will love about being a woman. And if you didn't finish your poster, take it home and work on it.

Side Note: Continue to give the girls time in class to work on their posters over the next couple of days. By the day of Quiz#4, make sure they are finished so they can be displayed.

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