



GOD LOVES US IN OUR CHANGING AND DEVELOPING

YEAR FIVE

Aim: Show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty- sensitivity, mood swings, anger, boredom etc. and grow further in recognising God's presence in our daily lives.

KEYWORDS

God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, biological, respect, reproduction, menstrual cycle, hormones, pituitary gland, uterus, fertilized ovum, fallopian tube, vagina, vulva, cervix, womb, period.

SKILLS

Respecting, adapting, relating, developing, considering, supporting, deciding, accepting, helping.

Social and Emotional

To show knowledge and understanding of emotional relationship changes as we grow and develop.

1. List any behavior changes you recognize as you are growing and developing.
2. Do you think these changes have affected any friendships, and how?
3. Are these determined by how others treat you?
4. Are there ways you are becoming more sensitive to your emotional development and that of others?
5. If a friend was struggling with their self-confidence and self-esteem, what would you advise them to do?
6. Where would you go and who would you go to for advice or to report concerns about yourself or on behalf of a friend because you are worried about being unsafe, feeling uncomfortable or concerned for your own or their mental health and wellbeing?
How can this translate to keeping safe online?



Physical

To show knowledge and understanding of the physical changes in puberty.

1. How do we recognize the emotional, internal and external changes that happen during puberty?
2. Why do we think we might need to change our hygiene routines during the time of puberty; why is it important to keep clean and maintain a good personal hygiene?
3. How do we know what physical contact is appropriate, inappropriate or unsafe? Can this be extended to other forms of contact and what might these be?
4. As we grow and change, how do we recognize the God of love who journeys with us?

Spiritual

To celebrate the joy of growing physically and spiritually.

1. What does it mean to grow holistically?
2. Are there ways and means we can ensure each aspect happens healthily?
3. What difficulties might you face as your body changes and grows?
4. God's love surrounds you always and His Holy Spirit guides and protects you. How will this help you to be respectful of your own body and help you to be courageous in the face of changes?