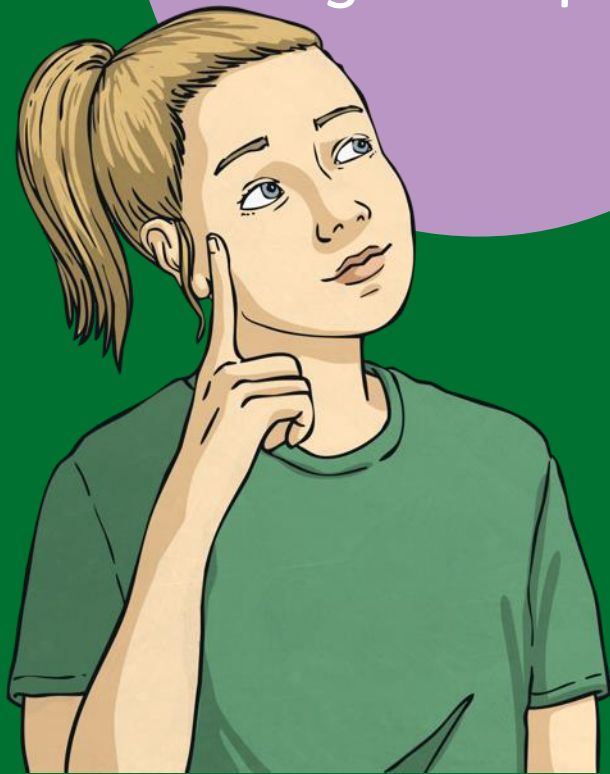


RSE – Year 4

Lesson 8: Emotional Changes

How do feelings
change as we
grow up?



Changing Emotions

As well as physical 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

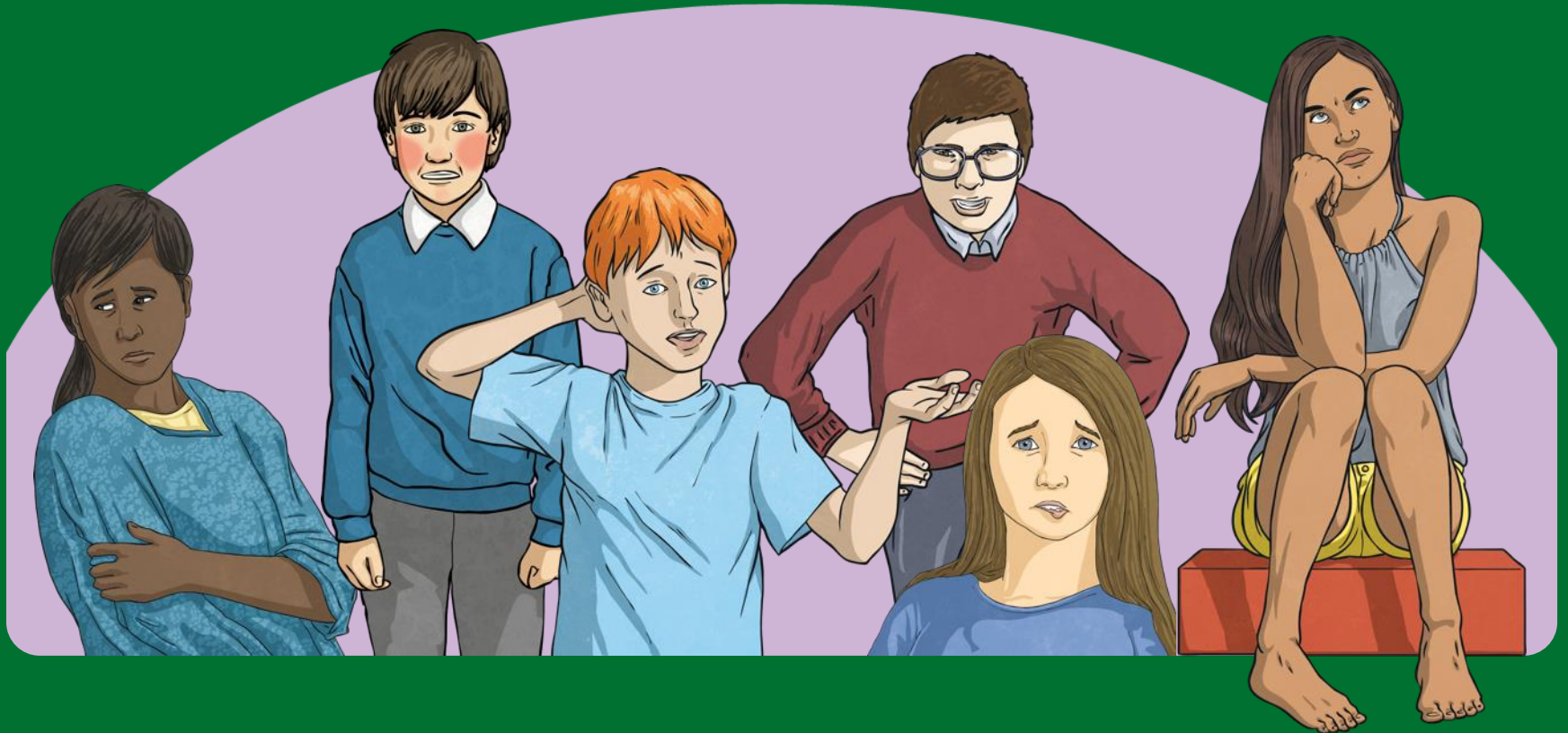


Some people experience new emotions or feel like their emotions keep changing suddenly.

One minute, they might be laughing and happy and the next, they might feel quite angry, lonely or sad.

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!

Hormones in boys and 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.

It's Just a Crush!

As you get older, you might start to have different feelings towards other people around you. Instead of just liking a person as a friend, you might start feeling stronger feelings for that person. You might love being with them and want to spend more time with them. You might feel a bit nervous and shy but excited at the same time when you see them. You might want to get to know them more, do the things they do or dress more like them. You might feel attracted to them or some might say that you fancy them.

This is what a **crush** feels like. A crush sometimes only lasts a short while but sometimes it lasts longer.

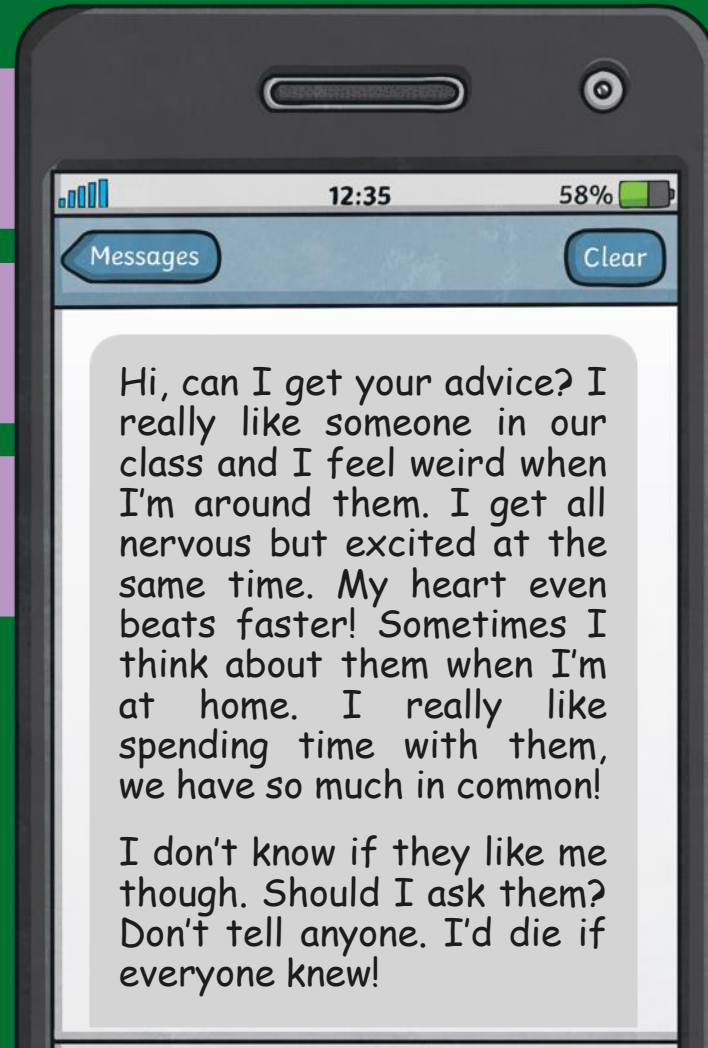


It's Just a Crush!

Here is a text sent by a young person to their friend.

Think about how they are feeling and why.

What advice would you give them, if they were your friend?



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 had anyone to talk to about it or we might not 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.

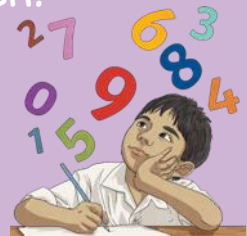
Spend time with a pet.



Go for a walk.



Count to ten.



Helping Others with Their Changing Emotions

Wouldn't it be great if there was a leaflet to help young people understand their changing emotions?

A leaflet that explains the different sorts of emotions we experience during puberty and how to manage those emotions would be really helpful.

Well, you are going to create these self-help leaflets for others who are experiencing changing emotions, as they grow up.

You can use words and pictures to explain the different emotions and how to cope with them.

Growing and Changing

I keep on getting taller,
People say I'm 'filling out'!
My voice keeps going squeaky
Whenever I talk or shout.

My face is getting spotty,
'Don't pick them or they'll scar!'
My hair keeps getting greasy
And I've just bought my first bra.

One minute I am laughing,
The next I want to cry!
My emotions seem all over the place—
Can someone tell me why?

It can be a little scary –
All these changes that I see.
But it's also quite exciting
What is happening to me.

Can you think of any other things that could have been mentioned in this poem?

The young people in the poem are talking about the changes they are going through.

Who will you talk to when you go through puberty?