

Growing Up Feelings

Age Range:

9-12, Years 5-7, KS2, KS3

Programmes to use with:

My Mate Fancies You

Topics Covered:

Puberty, Growing up, Transitions

Time:

20 - 40 minutes

Equipment needed:

Copies of the feelings list and situations (Included)

Learning Outcomes:

- Children have an increased awareness that there will be changes as they go through puberty and that this is okay and normal.
- Children have an increased confidence in seeking help and support about puberty and growing up
- Children have increased knowledge of the physical and emotional changes that take place during puberty.

The key concepts for PSHEE education in personal wellbeing for My Mate Fancies You are:

- personal identities
- healthy lifestyles
- risk
- relationships

An exercise to explore the different feelings and emotions children and young people may face whilst growing up.

Introduction

This exercise uses creative thinking and reflective learning to look at different feelings or reactions children or young people may experience when growing up and how to cope with them.

Exercise

Explain to the group that when people grow up and start puberty there are lots of changes. Bodies change, the school you go to changes and your emotions change. People may experience new feelings or have sudden changes in emotion or mood swings.

Explain that you are going to look at some of the different feelings people have and think about how you might feel about different situations. Sometimes by understanding that a situation makes you feel that way can help you to understand and change any negative reactions or emotions.

This exercise uses a 'feelings list' and a set of short situations for the group to think about and consider how they might feel. The first set of situations are more of a warm up to help the group to start to think about feelings. Read out each statement and ask the learners to point to or write down the word that best represents their own feeling or reaction.

The second sets of questions are only to be used if the group have seen a performance of My Mate Fancies You. Work your way through the situations and depending on the ability of the group start to explore these in more depth e.g. 'Why might someone feel that way?', 'how else might they feel?' etc.

The final set is more personal and so you may prefer to let the group just think quietly about their responses rather than discuss them with the whole group.

Explore how emotions can be positive and negative and when people might need to control or contain their feelings.

Summary

Recap on the main feelings given and explain that most people feel angry, scared or odd at times. It is very normal to have these feelings and sometimes these feelings can be confusing. Briefly look at where or who people could turn to if they wanted to talk about their feelings.

FEELINGS SITUATIONS

List 1 – Basic feelings

1. On my birthday I feel...
2. When I am with my friends I feel..
3. When I eat school dinners I feel...
4. If I do well at school I feel...
5. When I go to a party I feel..
6. If I do something wrong I feel...
7. When someone helps me out I feel..
8. When someone is upset I feel..

List 2 – My Mate Fancies You – How might the characters feel

1. When Claire's Mum told her she was going to marry Robbie, Claire might have felt...
2. When Claire dumped Daniel, Daniel might have felt...
3. When Claire had her period in class and had to run out, she might have felt...
4. When Daniel's Dad moved to London, Daniel might have felt...
5. When Daniel was dancing at the disco, Claire might have felt...
6. When Daniel got an erection while watching TV, he might have felt...
7. When Daniel and Claire nearly kissed, they might have felt...
8. At the end of the play Claire and Daniel might have felt...

List 3 – Growing Up feelings – How might people feel

1. When people kiss, they might feel...
2. When girls first start their periods, they might feel...
3. When boys start getting hair on their faces, they might feel...
4. When people have a best friend, they might feel...
5. When people start to get spots, they might feel...
6. When people's parents split up, they might feel...
7. When people go to discos, they might feel...
8. When people start getting body hair, they might feel...

List 4 – Growing Up feelings - How do I feel

1. When I see someone I fancy, I feel...
2. When I argue with my friends, I feel...
3. When I'm not allowed to do things on my own, I feel...
4. When my body changes, I feel...
5. When I think about going to secondary school I feel...
6. When my friendships change, I feel...
7. When I argue with my family, I feel...
8. When I think about the future, I feel...

Oh no! Cool
Confused ANGRY
Ashamed Fine **FREAKY**
Excited Sad O.K.
Disgust eGrateful Bored
Empathy Embarrassed
So what? Happ Lonely
Lost Nervous odd
Scared **Curious**
Sick Nothing **Fantastic**