

# 'No Way Through' isn't True!



## Lesson 6: What am I?

**WE ARE LEARNING TO:** Look after ourselves well as we grow and change.

**BORIS ASKS:** Can the children describe ways to look after their health and wellbeing as they grow up?

**RESOURCES:** Cards cut out

Before you start the lesson, show the children the ground rules slide to help them remember to be HeartSmart towards one another in this lesson.

Print and cut out enough of the attached cards for each child in your class. Spread the cards out picture side up across 3/4 different tables and split the class into 3/4 groups. Ask the children to look at the pictures on the cards and without turning the card over discuss what they think the picture is and why it is important to them as they go through puberty. When the children have discussed the card they can turn it over to read the description on the back.

Move the groups around the different tables until the children have had a chance to look at and discuss all the cards. Ask each group to identify at least one card that they weren't sure about because they didn't know what it was or because they didn't understand its importance. Discuss the card with the whole class.

Finish by playing the 'What am I?' game. Collect the cards and hand them out to the children but tell them not to let anyone see which one they have. Have the children stand in a circle and turn to the left so they have their back to the person next to them. Ask them to stick their card, picture side up on the person in front's back. Once everyone has a card on their back ask the children to move around the room and ask their classmates questions that require a yes/no answer about their card to guess what they are e.g. am I an object? Do I help keep you clean? Am I something you do at night?



### R&HE

**Changing adolescent body 1.** key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes

**Changing adolescent body 2.** about menstrual wellbeing including the key facts about the menstrual cycle

### BIBLE REFERENCE

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made.

Psalms 139: 13-14

## HERE ARE SOME WAYS IN WHICH THIS RELATES TO THE CURRICULUM:

### PSHE

**H13.** How their body will, and their emotions may, change as they approach and move through puberty

### SMSC

**The spiritual development of pupils is shown by their:**

- willingness to reflect on their experiences
- sense of enjoyment and fascination in learning about themselves, others and the world around them

### SIAMS

**IQ4.** How does the theologically rooted Christian vision create a culture in which pupils and adults are treated well?

**Roll on deodorant** - Use to: Reduce sweating and prevent smelly odours.

Importance during puberty:  
As you grow you sweat more, particularly after exercise. Use deodorant to keep your body smelling fresh and reduce sweating.

**Spray deodorant**

- Use: Reduce sweating and prevent smelly odours.

Importance during puberty:  
As you grow you sweat more, particularly after exercise. Use deodorant to keep your body smelling fresh and reduce sweating.

**Soap** - Use to: Wash your face twice a day.

Importance during puberty:  
As you grow your skin can become oily and you may get spots. Washing regularly with soap and water may not get rid of spots but it can help.

**Comb** - Use to: Comb and style your hair daily.

Importance during puberty:  
Keeps you hair free from knots and allows you to style it in the way you like!

**Shampoo** - Use to: Wash hair.

Importance during puberty:  
Hair can become more oily as you grow. Keep it clean by washing it regularly.

**Toothbrush** - Use to: Clean your teeth twice a day for 2 minutes.

Importance during puberty: You will soon have all your adult teeth. Keep them strong and healthy by brushing every day.

**Toothpaste** - Use to: Clean your teeth twice a day for 2 minutes

Importance during puberty: You will soon have all your adult teeth. Brush daily to have minty fresh breath and strong white teeth.

**Dental floss** - Use to: Remove food remnants from in between your teeth

Importance during puberty: Keeps your gums healthy and your breath fresh.

**Sanitary towel** - Use to: Absorbent pads worn in your knickers to soak up the blood

Importance during puberty: To keep you fresh when on your period. Must be changed every few hours.

**Tampon** - Use to: Insert into vagina to absorb the blood before it leaves the body.

Importance during puberty: To keep you fresh when on your period. Must be changed every few hours.

**Change underwear regularly**  
- Use to: Keep fresh and clean smelling

Importance during puberty: As you grow you will sweat more. Change your underwear daily to stay smelling and feeling fresh.

**Change underwear regularly**  
- Use to: Keep fresh and clean smelling

Importance during puberty: As you grow you will sweat more. Change your underwear daily to stay smelling and feeling fresh.

**Shower gel** - Use to: Wash and clean your body regularly.

Importance during puberty: As you grow your body sweats more. Regular showers help to keep your body clean and fresh smelling. This is particularly important after exercise.

**Bubble bath** - Use to: Wash and clean your body regularly.

Importance during puberty: As you grow your body sweats more. Regular baths help to keep your body clean and fresh smelling. This is particularly important after exercise.

**Sleep** - Use to: Allow your body to rest, process and recharge after a busy day.

Importance during puberty: As your body is working overtime to change and grow during puberty you may feel more tired and need to ensure you sleep well.

**Eat a balanced diet**

- Use to: Gives your body the fuel it needs to grow.

Importance during puberty: Healthy eating habits give your body the extra energy it needs to grow during puberty.

**Spot Cream** - Use to: Reduce the appearance of spots.

Importance during puberty: Most teenagers get spots at some point. There are many creams and treatments you can try if you are concerned.

**Drink plenty of water** - Use to: Keep your body hydrated.

Importance during puberty: Your body is made up of a lot of water. Every day water is lost through breathing, sweating and digesting your food. It is important to get into good habits of drinking water regularly.

**Regular exercise** - Use to:  
Keep your mind and body  
active and healthy.

Importance during puberty:  
Building regular exercise into  
your week is a great habit to  
get into. As your body changes  
regular exercise keeps your heart  
healthy and gives you energy.

**Spend time with family**

- Use to: Relax and be yourself.

Importance during puberty:  
Families are an important source  
of care and emotional support  
as you grow. Families are places  
where you can be yourself and  
where you feel loved and accepted.

**Go outdoors** - Use to: Improve  
your physical and mental health

Importance during puberty:  
Being outside has been proven  
to have great benefits for the  
body and mind including reduced  
level of stress and anxiety.

**Hobbies** - Use to: Improve your  
skills, relax and have fun.

Importance during puberty:  
Hobbies are a great way to  
relax and focus on something  
you enjoy doing and can be  
an escape from the routine.

**Rest** - Relax and recharge  
your body and mind.

Importance during puberty:  
Your body and mind are going  
through many changes and there  
is a lot to take in! Rest means  
relaxing, recharging and having  
space to think things through.

**Talk to someone you trust** - Ask  
questions and share any worries.

Importance during puberty: As  
you go through puberty lots of  
changes will be taking place and  
it is normal to have questions.  
Talking to an adult means they've  
already experienced puberty  
and will know what to expect!

**Spend time with friends face to face** - Use to: Have fun, relax and share life together.

Importance during puberty:  
Positive friendships help to provide you with companionship, support and a sense of belonging. Strong friendships are best built by spending time together.

**Support and encourage one another** - Use to:

Talk about challenges and cheer each other on

Importance during puberty: Your friends are going through the same changes as you. Be kind and encouraging to one another.

**Volunteer** - Use to: Help others in need or contribute to your local community.

Importance during puberty: It is easy to become focused on ourselves when there are lots of changes going on but helping others helps us feel good too.

**Join a club** - Use to: Meet new people and learn new skills.

Importance during puberty:  
As you grow you will want to become more independent. Joining a club allows you to explore a world outside your home.

**Limit screen time** - Use to: improve mental wellbeing, sleep and physical health

Importance during puberty:  
Excessive time spent on screens can affect your sleep, your friendships, your academic achievement and your physical and mental health. Develop other habits too!

**Change socks daily** - Use to: keep fresh and clean smelling

Importance during puberty: As you grow you will sweat more. Change your socks regularly to stay smelling clean and fresh.









