



Brookland Junior School Overview - 'Changing Me'

Year Group	Piece Name	Pupils will be able to....	Content
5	Self image and body image	<p>Be aware of my own body image and how my body image fits into that.</p> <p>Know how to develop my own self esteem</p>	<p>Connect us - whole class circle activity, rolling the ball and giving compliments</p> <p>Open my mind - small group sorting activity, using self-image cards. Give each a card a happy/sad face. Discuss where these perceptions come from and share the PowerPoint slide to help children understand this issue.</p> <p>Tell me or Show me - Individual activity to explore how we see ourselves (self-image) using the inside of the self-image picture frame card. Discuss links between self image and self esteem. Group activity using the 'Gingerbread person image' to create someone with high self-esteem.</p> <p>Let me Learn - Whole class discussion to consider how we can turn a negative statement into a positive one using affirmations (distance this with generic examples). Individual activity to change a sad face self-image card from Open my Mind into a positive one.</p> <p>Help me Reflect - Individual activity to write their affirmations on the front of their cards and take a few minutes in silence or to music to repeat these to themselves. This will start to change the perceptions held in the subconscious.</p>
5	Puberty for girls	<p>Explain how a girl's body changes during puberty and understand the importance of looking after myself physically and emotionally</p> <p>Understand that puberty is a natural process that happens to everybody and that it will be ok for me</p>	<p>Connect us - Using a carousel to work in different pairs, discuss what makes you feel embarrassed and what happens emotionally and physically when you are embarrassed?</p> <p>Open my mind and tell me or show me - Go through how the female body prepares itself for a baby with the animation 'The Female Reproductive System'.</p> <p>Let me learn - Whole class look at different sanitary products and how they are used. Single gender groups moving around 4 different activities (sorting, discussing, agony aunt and writing/drawing).</p>

			<p>Help me Reflect - sharing their work from Let me LEarn. Remind the children to use Jigsaw Jez's private post box for any questions they have that they don't want to say out loud.</p>
5	Puberty for boys	<p>Describe how boys and girls' bodies change during puberty. Express how I feel about the changes that will happen to me during puberty</p>	<p>Connect us - Circle activity to recap changes that happen to use as we grow. Open my mind - Whole class activity using a continuum exercise to discuss the statements listed on the 'Puberty: points of view' sheet. Point out that there are no wrong or right answers and that opinions will vary. Tell me or show me - Using the PowerPoint slides of the male organs, ensure all children understand the male reproductive system. Use the animation: The male reproductive system to reinforce this. Small group activity using 'Boys 'n' Puberty' quiz. Review the answers together. Let me Learn: Paired activity to produce an information leaflet or PowerPoint presentation titled Puberty - it happens to us all. Help me Reflect: whole class circle activity to share what they have produced and compare notes on the kind of questions and topics they have chosen to address.</p>
5	Looking ahead 1	<p>I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities</p>	<p>Connect Us - Listen and sing 'A New Day' Open My Mind - Small group work - look at teen magazines and web page images - what is the perception of teenagers shown? Are they accurate? Tell Me or Show Me - Sort the pages used above into those that reflect reality and those that are unrealistic. In groups, make a graffiti wall to show their perceptions of being a teenager - negative and positive. Ensure at least 3 ideas come with responsibilities - e.g: going out with just my friends also has I will make sure my parents know where I am, who I am with and that I am safe. Help Me Reflect - Ensure understanding of pressures and standing up for something you feel is right even if others are doing it. There are parent/school/government controls on things to protect young people.</p>

5	Looking ahead 2	I can identify what I am looking forward to when I move to my next class	<p>Connect Us - Play whispers - teacher begins with 'one of the magic moments in the next school year for you will be....' and pass it on.</p> <p>Open my Mind - Whole class activity - take it in turns to complete the sentence - 'one thing I am really looking forward to next year in school is....' Collate answers</p> <p>Tell me or Show me - group activity - agree on 4 changes they are looking forward to but are nervous about. As a group, think of the best way to manage those changes. Individual task - complete Circle of Change - choosing one change and writing the process of dealing with it.</p> <p>Help me Reflect - What are they looking forward to ? What are they nervous about and how can they manage that change?</p>
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