

This is the fourth of four lessons on the theme of puberty and change for Year 4 or 5. This lesson focuses in more detail on some of the emotional changes that may occur during puberty, including outlining some of the changes that may occur in relationships. It signposts pupils to where and how to get help and support.

Questions your child may ask after the lesson:

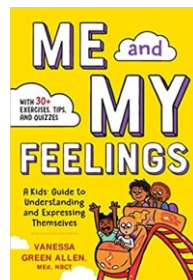
- Do you have feelings like a rollercoaster?
- Will I feel up and down?
- When did you first fancy someone?
- Can hormones make me feel angry?
- Do you have hormones?
- Can big feelings make your tired?



Resources for Parents:



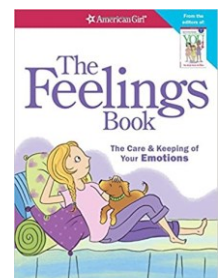
[Social and emotional
changes: 9-15 years](https://www.raisingchildren.net.au)



[Me and My
Feelings](#)



[The Positive
Mind-set
Puberty Book](#)



[The Feelings
Book](#)



[Moods and hormones](#)



[Puberty: Sad and
Happy Feelings](#)