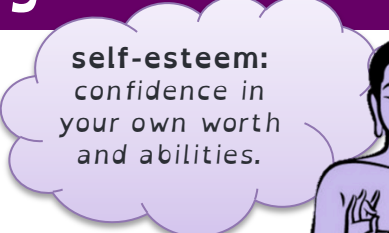




Y5 SUM1 – Changing Me

Changing Me Vocabulary:

- affirmation** - having the skills to do something
- aspects** – particular part or feature of something.
- assertive** – having a strong, confident personality
- body image** - respect and warm approval
- characteristic** – person or object’s features or quality
- coping strategy** - ability to deal with something difficult.
- emotion** – strong feeling based on situation, mood or relationship.
- extrovert** - outgoing, confident person
- hope** – feeling of expectation for something to happen.
- hormone** – chemical produced in body that stimulates cells into action.
- introvert** – shy person who does not reveal feelings easily.
- milestone** – important stage or event in a development.
- perception** – way something is viewed or understood.
- puberty** – period of change in animals that results in sexual maturity.
- relationship** – way two or more people are connected.
- responsibility** – duty to deal with something or someone.
- self** – one’s nature or personality
- timid** – lack of courage or confidence.



self-esteem:
confidence in your own worth and abilities.



‘You yourself, as much as anybody in the entire universe, deserve your love and affection

- Buddha

Agree?

or

Disagree?

When it comes to puberty, boys have less to worry about than girls.

It's better to be an early starter on puberty than a late starter.

If you have a worry about how your body is changing, it's easier to talk to your friends than your parents or carers.

Year 5 is too young for boys and girls to start going out together.

The thought of having babies when I'm older is very scary.

If there's something you want to know but are embarrassed to ask about, you can always get reliable information on the internet

It's normal to start fancying people as you get older.

When boys grow up they have to learn to be less emotional than girls.



self-image – one’s view of own abilities and appearance.

How would YOU describe yourself?
Are you happy with these words?

timid	tall	sporty	caring
kind	thin	moody	fat
grumpy	chatty	funny	short