

# CHANGING ME

## Jigsaw Jaz's Journey

How can I cope positively with change?



personality  
unique characteristics  
hobbies  
interests  
skills

choices  
change

### I will learn about...

- what makes up my unique identity and interests, and how these develop as I grow up
- how a girl's body changes and that periods are a natural part of this
- different types of family and my inner circle
- trusted people who can support me through puberty
- how the circle of change works
- changes outside of my control and how I can accept them
- what I am looking forward to in my next class and changes I would like to make

### I will explore...

- ways to cope with physical and emotional changes at puberty
- how I might feel about growing up and who can support me
- feeling confident to make positive changes
- worries about change and how to manage them
- how to express my feelings about change, including any fears or concerns

self-respect  
proud  
values  
acceptance

anxiety  
love  
reassurance

family  
belonging  
trusted adult

puberty  
menstrual cycle  
periods  
hormone

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Can you name two things that make you unique, and how they might change as you grow up?

### My Thinking Pad

What have I learnt in this puzzle that helps me to be mentally and physically healthy?

Puberty is when...

Some changes we have no control over such as...

We can manage our feelings of these changes by...

Who could you talk to if you were worried about growing up or changes in your body, and why?

What is one change you are looking forward to next year? How could you manage a worry about change?

### Looking back at my journey

Something important I learned

I feel proud that...

A question I still have is...

