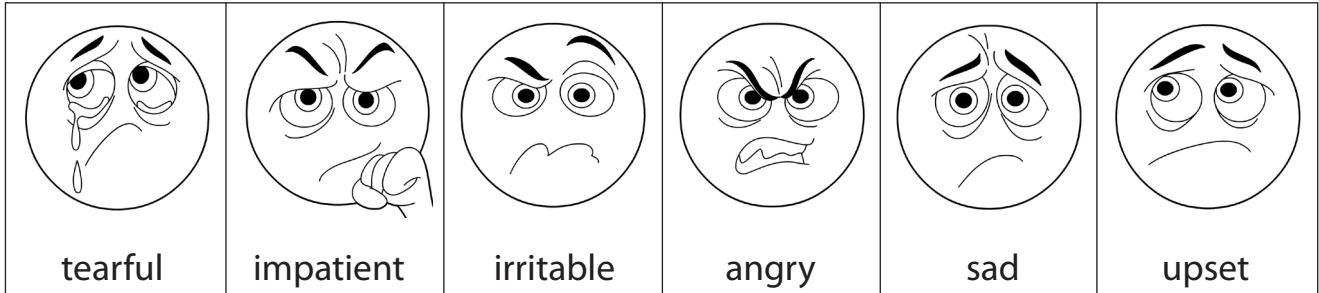


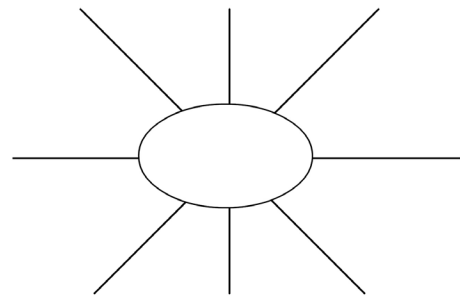
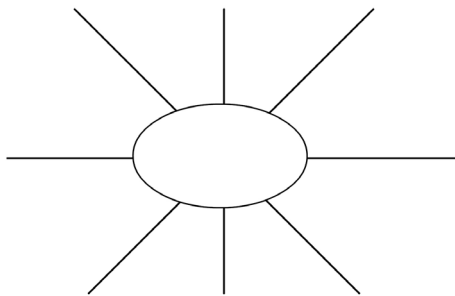
# Changes in my body

Name: \_\_\_\_\_

A. During puberty our hormones start to cause emotional changes in our bodies. Which emotional changes have you noticed in yourself from those mentioned below? Work with a partner and discuss which emotions you experience regularly.



B. If we are experiencing different emotions, who do these emotions affect in our everyday lives? Choose two emotions that are common in your life, and draw a mind map showing who is affected by these emotions. Discuss your mind maps with a partner.



C. The best way to deal with these changing emotions is to have some strategies in place to help deal with them in a positive way. Work with a partner and help each other work through some of your emotional scenarios mentioned in A above.

**Example:**

