

Jigsaw Jaz's Journey

How can I cope positively with change?

gene

Changing Me

characteristics

I will learn about...

- Personal characteristics and how some may have come from my birth parents
- Internal and external parts of male and female bodies
- The responsibilities of parenthood
- Puberty and menstruation
- The circle of change and changes I can have some control over
- Changes that are outside of my control and strategies I can use to cope with these

menstrual cycle

unique



I will explore...

- How I am a unique human being
- The personal choice of having a baby
- The physical and emotional changes I may experience during puberty
- How to try and make changes that will benefit me
- How to express my feelings, such as fears and concerns about change
- How to manage feelings positively

menstruation

acceptance

hormones

emotions

periods

personal

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What kinds of questions and worries might be natural to want to talk about when someone is approaching puberty?

Can you explain the physical differences between a male and female? Why are these differences needed to make a baby?

My Thinking Pad

What have I learnt in this puzzle that helps me to cope positively with change?

Puberty is when...

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

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

Can you explain and give an example of what is meant by managing feelings positively?

Changing Me

