Lesson 2: Growing Up
Grade 4- Health and Puberty Education Alternative Lesson
Davidson County Schools

Note: The following lesson is an alternative for the Fourth Grade Health and Puberty Education Lesson 2

Essential Standard	Clarifying Objective
4.ICR.1- Understand healthy and effective interpersonal communication and relationships	**4. ICR.1.1-** Explain the importance of showing respect for self and respect and empathy for others.

ELA Common Core Standard for 4th Grade

W.4.1 Write opinion pieces on topics or texts, supporting a point of view with reasons and information.

- Introduce a topic or text clearly, state an opinion, and create an organizational structure in which related ideas are grouped to support the writer's purpose.
- Provide reasons that are supported by facts and details.
- Link opinion and reasons using words and phrases (e.g., f*or instance*, *in order to*, *in addition*).
- Provide a concluding statement or section related to the opinion presented.

Materials Needed:

- Chart paper
- Markers
- Writing Prompt Handout
- Blank paper

Focus:

- On a piece of chart paper, create a T-chart and write the following headings:
  - The great things about growing up
  - The difficult things about growing up
- As a group, come up with an example or two for each heading. An example of a difficult change could be teasing from classmates. A great change could be more independence. Discuss that some changes may fit in both categories. For example, "more responsibility" can be seen as both great (I *get* to baby-sit!) or difficult (I *have* to baby-sit.).

Teacher Input:

Tell students the following:

- People react to change differently. Some changes may be listed as being both great and difficult. Feelings about change are personal.

- A difficult change (as identified by the students) doesn't have to be a problem. There are different ways to cope with change. One of them is to think about the things you are good at.

Ask the students the following:

- What are some things you are already good at?

Tell the students the following:

- There are also people who can help you feel better about changes you are going through. Those people can be your parents, your teacher, or the guidance counselor at school.

Practice and Assessment:

- Give the student the writing prompt handout and tell students the following:
    - With all the advances today in space exploration, imagine you had the chance to travel forward four years in time. You can look at yourself and your friends four years from now.
    - What changes do you expect to see in yourself and your friends in four years?
    - How will your relationships with your family and friends change and why?
    - What new relationships do you expect to develop?
    - What are other ways that your life will be different four years from now?