Concept: Emotional Change and Development

Materials:
"Then, Now and Beyond" activity sheet

Focus Activity:
It is important to talk to your parent(s)/caregiver(s) about the changing you. Let them know what your questions and concerns are. Ask for their guidance, understanding and support. Let them know when you are willing to take on new responsibilities. Let them know if you need reassurance. It is also important that you understand yourself how you have changed over the past few years and will continue to change emotionally and physically.

Practice Activity:
Student will complete the "Then, Now and Beyond" activity sheet about themselves reflecting on how they have changed and predicting what they may be like in the future.

Closing Discussion:
Share what they noticed about themselves from completing the "Then, Now, and Beyond" sheet. Explain to the students that as they grow their feelings will constantly change. This is part of normal emotional growth and development.

Use the following questions for discussion:
1. Can you think of a situation that happened to a friend and how it made them feel? What suggestion could you give them to help them feel better.
2. Whenever you're experiencing feeling that you do not like, how do you handle them?
3. Why do you think adolescents feelings change drastically?