

○ MUSIC  city COUNSELOR

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Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

# LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** [www.musiccitycounselor.com](http://www.musiccitycounselor.com)

♥ **MEMBERSHIP:** [www.counselorcollab.com](http://www.counselorcollab.com)



# Please click here to access the digital activity:

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1. Please sign in with your Google account.
2. Please click "make a copy" and a copy of the lesson will automatically be saved to your Google Drive.
3. If you are using Google Classroom, please assign the activity to your students.
4. If you are not using Google Classroom, you can use this presentation in-person on a device, post the resource to the virtual platform that you are using, or email the link directly to students. If you email the link to students, please make sure that they or their parents have a free Google account first. They will click on the link, sign in with their Google account, and then a copy of the lesson will automatically be saved to their Google Drive. They can then use any device (tablet, smart phone, computer) to access the resource.



# Presentation Directions:

- More detailed directions, a parent letter, discussion cards, posters, and worksheets are all included in the zip folder.
- The presentation starts with defining puberty for girls. The lesson teaches girls 7 things to expect during puberty (to get stinky, get oily skin and pimples, start their period, develop breasts, grow taller and gain weight, grow hair in new places, and have mood swings).
- Throughout the presentation, there are several opportunities for students to "turn and talk" with a partner and share.
- As you discuss each of the 7 changes, I recommend passing around hygiene and feminine items so students can experience them firsthand. For example, when you discuss hygiene, pass around different types of deodorant for the girls to smell, touch, etc. When you discuss pads, give each girl a pair of panties and a pad, and ask them to practice sticking the pad on the pair of panties. This is great, important practice for them! You can also show them different types of pads (long, short, thin, thick, with and without wings). When you discuss tampons, pass around different types of tampons for the girls to touch and feel. When you discuss developing breasts, pass around training bras for the girls to touch and feel.
- Be sure to leave plenty of time for questions at the end! I also recommend making a "Question Box" out of a shoe box and giving each girl a notecard. At the end of the presentation, girls can write any questions they have on their notecard that they may feel too embarrassed to ask in front of the group and place them in the question box. You may choose to answer them then, or ask the girls to write their names on them and pull them privately to answer their questions at a later date.
- Questions? Please contact me at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com). I'm here to help!
- PS I so appreciate when you please take a moment to leave feedback on my resources on my TpT store! It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow! ☺



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Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

