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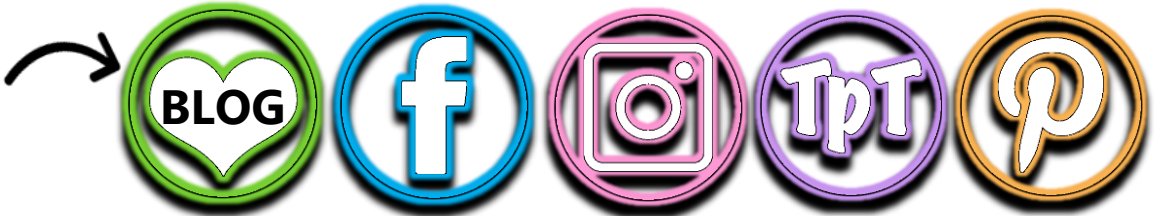
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If you have any questions or concerns please email me at:
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♥
Ashley

GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Middle School Files: Body Changes](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

MIDDLE SCHOOL FILES

Body Changes

Session Objective:

*Students will identify body changes that happen during puberty.

Materials:

*One workbook for each student.

*Pencils.

Guiding Questions:

*What are some ways the body changes during puberty?

*Why is it important to maintain your mental health?

*What are some ways to manage body odor and acne?

ASCA Standards Alignment:

*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

Behavior: Self-Management: Responsibility for self and actions (B-SS 1)

Behavior: Self-Management: Effective coping skills (B-SS 7)

Behavior: Self-Management: Ability to manage transitions and adapt to change (B-SS 10)

SEL Competencies:

*Social Management: Stress Management, Self-discipline, Goal setting.

*Self-Awareness: Accurate self-perception, recognizing strengths, self-confidence.

Session Details

*Make sure each student has their own workbook and pencil to complete the workbook.

*Say "Middle School is a new and exciting world full of new friends, new teachers, new classes and new challenges like increased responsibilities. Managing your body changes is one of those responsibilities. There are four parts of managing your body changes that you need to be aware of: Body image, puberty, identity, and mental health. Think of these "middle school files" as your success skills and tricks that you will continue to develop and improve throughout your entire life. Let's start in the Body Image file. First let's discuss what body image is and how it impacts our life." Review page two of the workbook. "Now let's talk about the best tips and tricks for maintaining a healthy body image, these are tools in your toolbelt to help you better manage your body changes." Go through page three of the workbook. "Now that we know these body image tips, let's practice them." Have students complete each page of the body image techniques (p. 4-7). "Let's reflect on what we have learned about our own body image. (complete page 8). Go through each of the four sections in the workbook in the same manner.

*Encourage students to keep the workbook to reference it later when they need it as their body changes and they face new challenges.



MIDDLE
SCHOOL
FILES



Body Changes



MIDDLE SCHOOL FILES

Body Changes

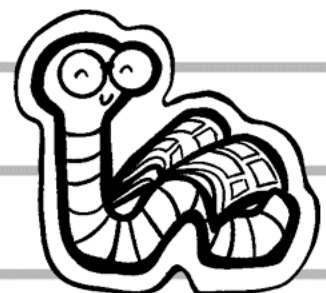
Middle School is a new and exciting world full of new friends, teachers, classes, and challenges, such as increased responsibilities. Managing your social life is one of those responsibilities.



There are four parts of managing your body changes that you need to be aware of: Body Image, Puberty, Identity, and Mental Health.



Think of these "middle school files" as your success skills and tricks that you will continue to develop and improve throughout your entire life.



Body Image

Puberty

Identity

Mental Health

MIDDLE SCHOOL FILES

Body Image

What is Body Image?

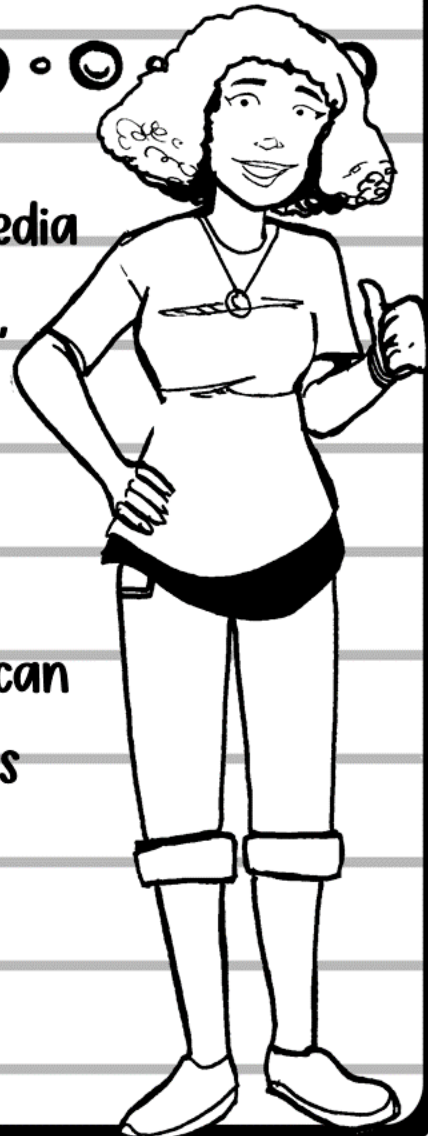
Body image is how a person sees, thinks, and feels about their own body. It includes their thoughts about their shape, size, weight, and overall appearance.

Body image can be positive (feeling confident and accepting your body) or negative (feeling dissatisfied or critical of your body).



Body image is influenced by social media & beauty standards, peers & family, puberty & body changes, self-esteem & mental health.

A healthy body image means appreciating your body for what it can do and accepting that everyone looks different.



MIDDLE SCHOOL FILES

Body Image Tips & Tricks

Here are a few tips for handling body image:

- *Self-esteem- how much you value, respect, and believe in yourself. It affects how you feel about your abilities, appearance, and overall worth.
- *Self-Image- the way you see yourself—your body, personality, abilities, and overall worth. It's how you think and feel about yourself, both inside and out.
- *Comparison- when you measure yourself against someone else, whether it's how you look, what you have, or what you've achieved.
- *Unrealistic beauty standards- ideas about how people "should" look that are often promoted by social media, celebrities, and society. These standards make it seem like only certain body types are "perfect" or "attractive," even though everyone's body is unique and valuable.



MIDDLE SCHOOL FILES

Self-Esteem

Self-Esteem = How You
Feel About Yourself

Signs of Healthy Self-Esteem:

- ✓ Confidence in your abilities and decisions
- ✓ Accepting yourself, flaws and all
- ✓ Bouncing back from failures and mistakes
- ✓ Setting boundaries and standing up for yourself

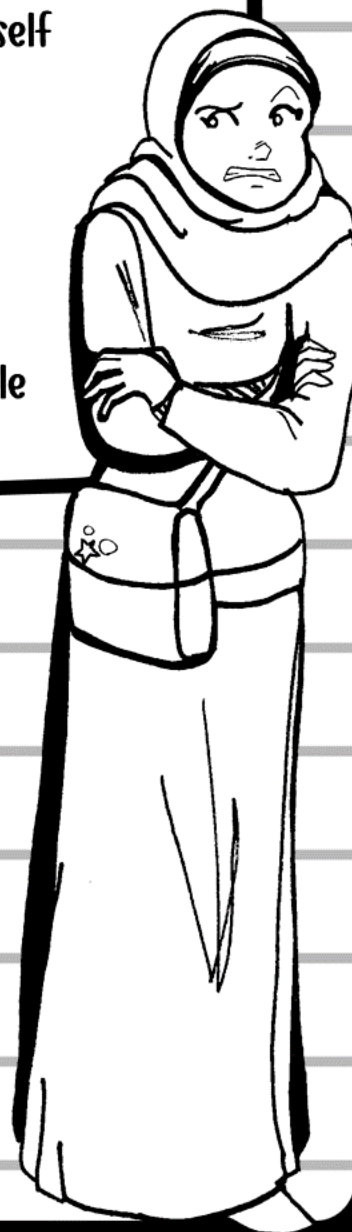
Signs of Low Self-Esteem:

- ✗ Constantly doubting yourself
- ✗ Feeling unworthy or not "good enough"
- ✗ Seeking approval from others to feel valuable
- ✗ Avoiding challenges out of fear of failure

Building Self-Esteem: Focus on strengths instead
of flaws. List 4 strengths you have:

- 1.
- 2.
- 3.
- 4.

Body Image

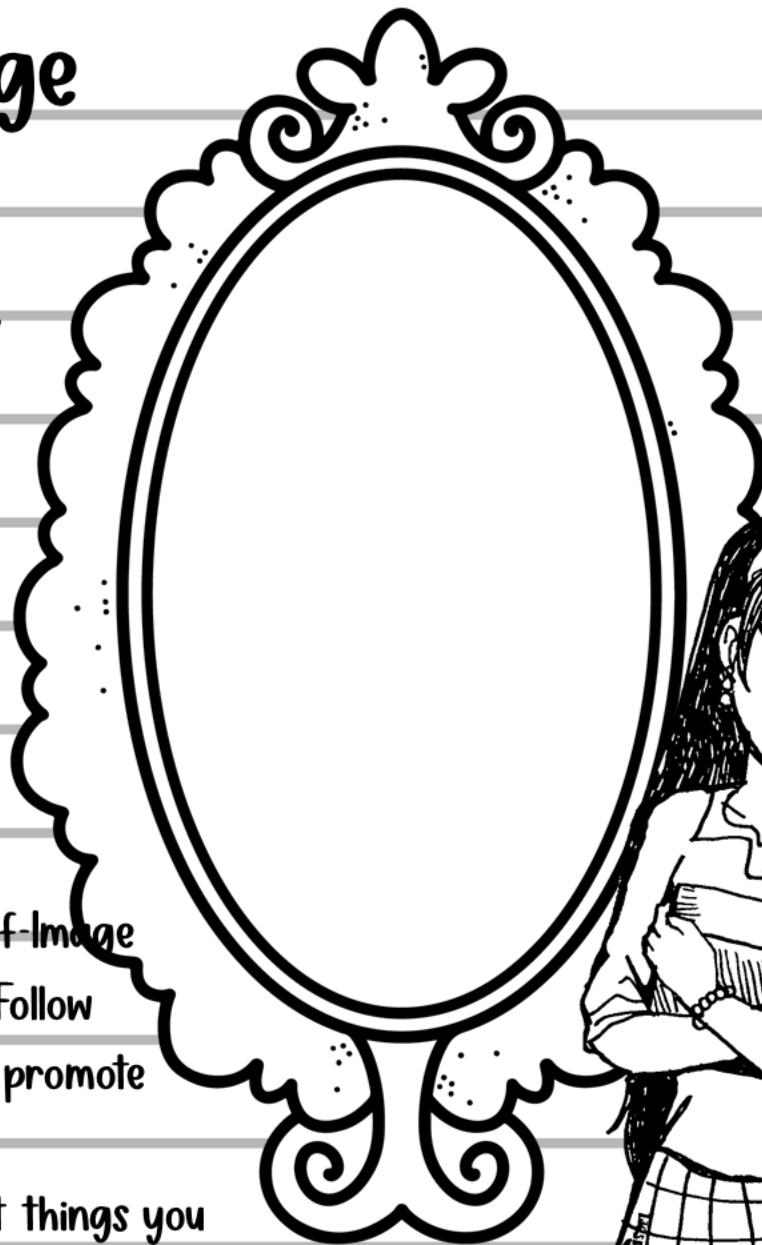


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Self-Image

Self-Image = How You
See Yourself

Write 3 positive
affirmations about
yourself (e.g., "I am
worthy of love," "I am
good at sports," "I
have a unique
personality").



Strategies for a Healthy Self-Image

💡 Unfollow Toxic Media — Follow body-positive accounts that promote real beauty.

💡 Practice Self-Love — List things you like about yourself (beyond appearance).

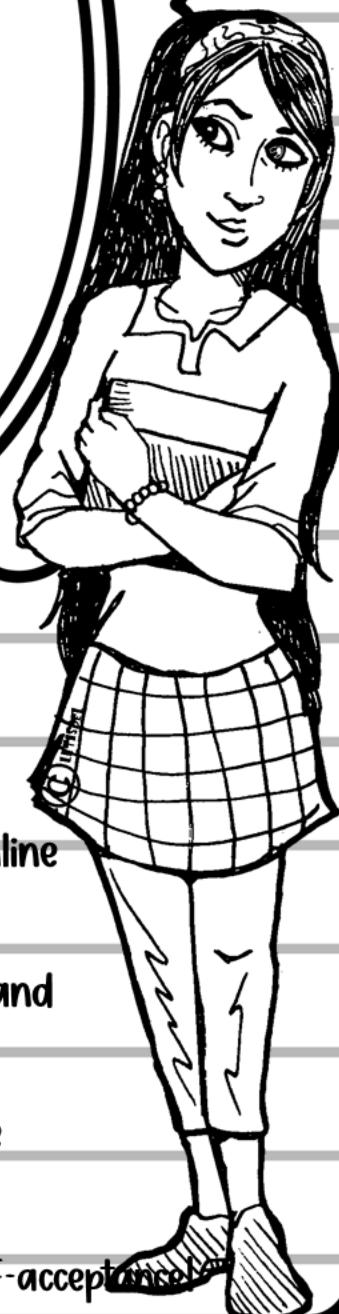
💡 Recognize Photoshop & Filters — Remember that most online images are edited.

💡 Celebrate Diversity — Beauty comes in all shapes, sizes, and cultures.

💡 Focus on Health, Not Looks — Healthy habits matter more than appearance.

✓ Healthy self-image + strong self-esteem = confidence and self-acceptance

Body Image



MIDDLE SCHOOL FILES

Comparison



Who do you compare yourself to
The most? (Friends, influencers,
celebrities?)

How does it make you feel? (Inspired or
discouraged?)

How to Overcome Comparison:

- ✓ Limit Social Media —
Unfollow accounts that
make you feel bad about
yourself.
- ✓ Practice Gratitude —
Focus on what makes you
unique and what you have.
- ✓ Set Personal Goals —
Compete with yourself, not
others.
- ✓ Surround Yourself
with Positivity — Friends
who uplift you make a
difference.

MIDDLE SCHOOL FILES

Unrealistic beauty standards

Filters, Photoshop, and surgery create unrealistic beauty standards.

Where do we get our ideas of what's 'beautiful'?

Body Image

List three unrealistic beauty standards:

Rewrite them into realistic, positive affirmations. Ex:
Instead of "You have to be skinny to be pretty," write,
"All body types are beautiful in different ways."



MIDDLE SCHOOL FILES

Reflection

Think about how you are doing when it comes to managing your body image.



I'm doing great at:



I'm working on improving:



I need more help with:



My takeaway's from this activity:



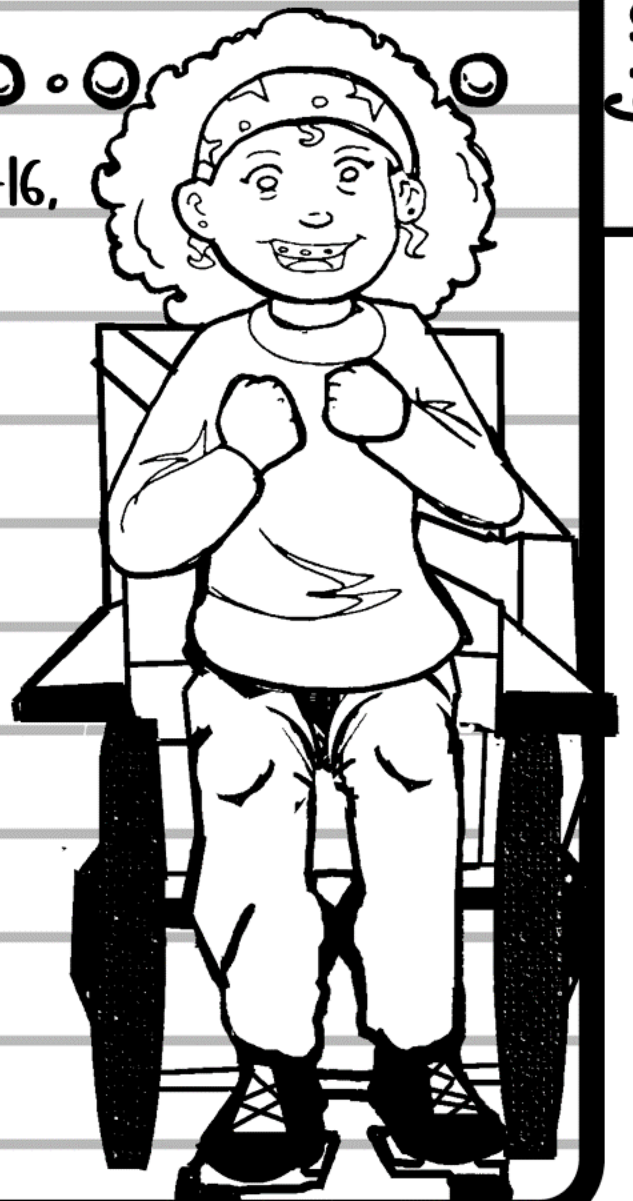
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What is Puberty?

Puberty is a period of physical and emotional development that occurs when a child's body matures into an adult body capable of reproduction.



It usually happens between ages 8-16, but it can vary from person to person. Puberty is triggered by hormonal changes that lead to noticeable changes in the body and mind. Puberty is completely normal, and everyone goes through it at their own pace. You are not alone.



Puberty

MIDDLE SCHOOL FILES

Puberty Tips and Tricks

Here are a few tips to help with Puberty:

- *Acne and skin changes-Acne is a skin condition that occurs when hair follicles become clogged with oil, dead skin cells, and sometimes bacteria. It can cause pimples, blackheads, whiteheads, and cysts, and typically occurs on the face, back, shoulders, and chest. Hormones (especially during puberty) play a major role in acne development.
- *Body Odor and Hygiene- Body odor is caused by the bacteria on your skin breaking down sweat. Sweat itself doesn't smell; it's the bacteria breaking down the sweat that smells.
- *Hormones- Hormones are chemical messengers in the body that control many important functions, including growth, emotions, metabolism, and puberty.
- *Body Changes- Puberty is a time when your body starts changing from a kid into an adult. These changes happen because of hormones, which are chemicals in your body that tell it to grow and develop. Everyone develops at their own pace—some changes happen early, some later.



Puberty

MIDDLE SCHOOL FILES

Acne and Skin Problems

Write Myth or Fact next to statement below on acne.

- *Picking or squeezing the pimple can cause a scar: ---
- *Touching your face transfers dirt and can cause acne: ---
- *Drinking water can help promote healthier skin: ---
- *Washing your face twice a day will help avoid acne: ---
- *High sugar items can trigger acne for some people: ---
- *Products like salicylic acid and retinoids help treat acne: ---
- *Chocolate causes acne: ---
- *Only teens get acne: ---
- *Acne is caused by excess oil and bacteria: ---
- *Anyone can get acne at any age: ---
- *Makeup can cause your pores to clog: ---
- *Eating greasy food causes acne: ---
- *More face wash = clearer skin: ---
- *Popping pimples makes them go away faster: ---



Puberty

MIDDLE SCHOOL FILES

Body Odor and Hygiene

How do you feel when you smell fresh and clean?

Why is hygiene important beyond just smelling good?



Puberty

Healthy Hygiene Practices:

- **Shower regularly:** Wash your body with soap and water daily to remove sweat, bacteria, and dirt. Focus on areas where sweat is produced (armpits, groin, feet).
- **Use deodorant/antiperspirant:** Deodorant helps mask body odor, while antiperspirant reduces sweat.
- **Wear clean clothes:** Change your clothes, especially undergarments and socks, daily to avoid trapped sweat and bacteria.
- **Wash clothes properly:** Wash your workout or sweat-heavy clothes to keep them fresh.
- **Keep feet clean:** Wash your feet regularly and wear socks that absorb sweat.
- **Brush teeth and floss:** Oral hygiene is just as important; bad breath can also contribute to unpleasant odors.
- **Watch your diet:** Certain foods (like onions or garlic) can contribute to body odor. Drinking water and eating fresh, healthy foods can help you smell better.

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Hormones

Common Effects of Teen Hormones:

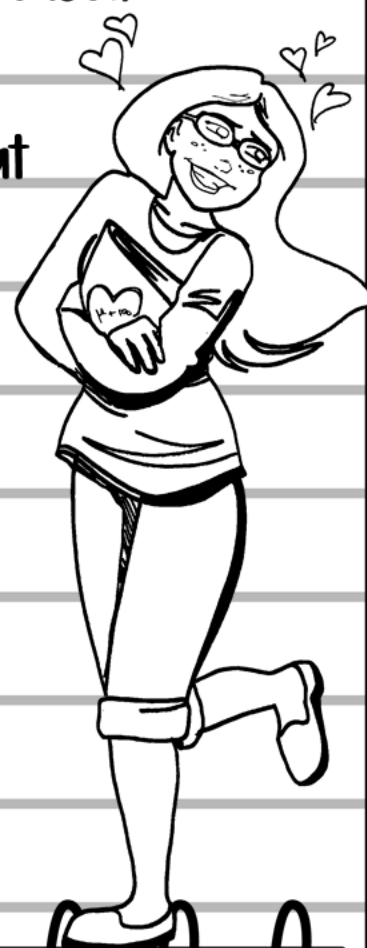
⑥ Physical Changes: Growth spurts, body odor, acne, muscle growth, breast development.

⑥ Emotional Changes: Mood swings, increased sensitivity, frustration, and excitement.

⑥ Sleep Patterns: Teens may feel tired at odd hours because hormones shift the body's internal clock.

⑥ Energy & Appetite: Sudden bursts of energy or increased hunger due to metabolism changes.

⑥ Attraction & Crushes: Feelings of romantic interest develop due to hormonal influences.



Puberty

My Personal Hormone Survival Guide:

How I'll deal with mood swings:

What I'll do when I feel stressed:

My go-to healthy snacks:

Sleep habits I'll try:

MIDDLE SCHOOL FILES

Body Changes

Changes for all genders:

- 💡 Growth Spurts — Rapid height and muscle growth, clumsiness.
- 💡 Body Hair Growth — Hair under arms, legs, and pubic area.
- 💡 Skin Changes — Increased oil production, acne, body odor.
- 💡 Sweating More — Hormonal changes make sweat glands more active.
- 💡 Voice Changes — The voice deepens, especially in boys.
- 💡 Brain Development — The brain is still maturing, affecting decision-making and emotions.

Changes in males:

- ◆ Testosterone increases — Leads to muscle growth and deeper voice.
- ◆ Facial Hair Growth — Mustache and beard start to develop.
- ◆ Broader Shoulders — The body shape becomes more defined.

Changes in females:

- ◆ Estrogen increases — Leads to breast development and menstrual cycle.
- ◆ Wider Hips — The body prepares for potential future reproduction.
- ◆ Menstruation (Period) — The body begins a monthly cycle to prepare for pregnancy.

What is one thing you've learned about puberty that makes you feel more prepared?

What is one healthy habit you will practice as your body changes?



Puberty

MIDDLE SCHOOL FILES

Reflection

Think about how you are doing when it comes to puberty changes in your life.



I'm doing great at:



I'm working on improving:



I need more help with:



My takeaway's from this activity:



Puberty

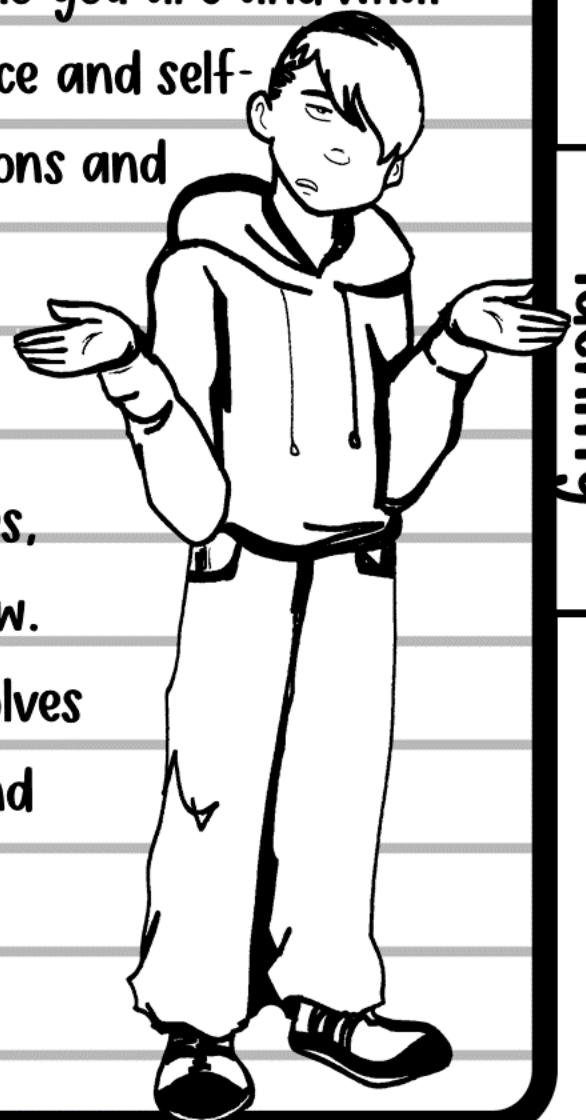
MIDDLE SCHOOL FILES

What is Identity?

Identity is who you are—your personality, values, interests, culture, and the things that make you unique. As a teen, your identity is constantly growing and changing as you discover more about yourself.



Identity helps you understand who you are and what you stand for. It builds confidence and self-acceptance. It guides your decisions and future goals. It helps you find belonging in friendships, communities, and interests. It's normal to explore different styles, interests, and beliefs as you grow. Your identity isn't fixed—it evolves as you experience new things and learn more about yourself.



MIDDLE SCHOOL FILES

Identity Tips and Tricks

Here are a few tips to help with navigating identity:

***Personality:** It's what makes you, you! It's the unique combination of your thoughts, feelings, behaviors, and the way you interact with the world. Your personality influences how you react to situations, communicate, and how you express yourself.

***Interests & Values:** Interests are the things you enjoy doing, learning about, or spending time on. They make you feel excited, curious, or happy. Values are the beliefs and principles that guide how you live your life. They help you make decisions and shape the kind of person you want to be.

***Social Influences:** The ways that the people around you—friends, family, teachers, social media, and society—affect how you think, feel, and act. These influences can shape your choices, behaviors, and even your beliefs.

***Future goals:** The things you want to achieve in your life, whether in the next few months, years, or even further down the road. They help give you direction, motivation, and a purpose to work toward.



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Personality

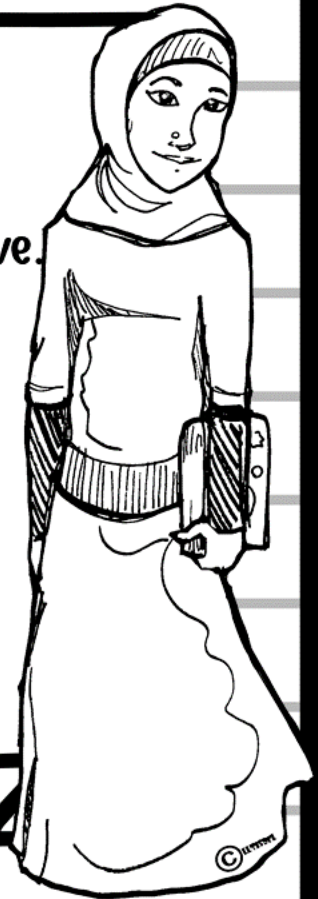
Read through these four main personality types and decide which one fits you best.

The Leader— Driven, ambitious, and decisive.

The Thinker — Detail-oriented, analytical, and thoughtful.

The Socializer— Fun-loving, enthusiastic, and energetic.

The Supporter— Calm, easy-going, and empathetic.



Which personality type do you relate to most, and why?



What makes your personality special?



Is there anything you want to work on or improve about your personality?

Identity

MIDDLE SCHOOL FILES

Interests and Values

Check the boxes of what
interests you:

Check the boxes of what
you value:

- ☐ Playing sports   
- ☐ Listening to music  
- ☐ Drawing or painting 
- ☐ Writing or journaling 
- ☐ Acting or singing 
- ☐ Playing video games 
- ☐ Reading books  
- ☐ Cooking or baking  
- ☐ Fashion or makeup  
- ☐ Building or designing 
- ☐ Photography  
- ☐ Dancing  
- ☐ Helping others  
- ☐ Science experiments  
- ☐
- ☐

- ☐ Honesty  
- ☐ Independence  
- ☐ Family  
- ☐ Friendship 
- ☐ Creativity  
- ☐ Success  
- ☐ Adventure  
- ☐ Helping others
- ☐ Learning  
- ☐ Confidence 
- ☐ Faith/Spirituality 
- ☐ Kindness 
- ☐ Authenticity 
- ☐ Integrity 
- ☐
- ☐

Identity

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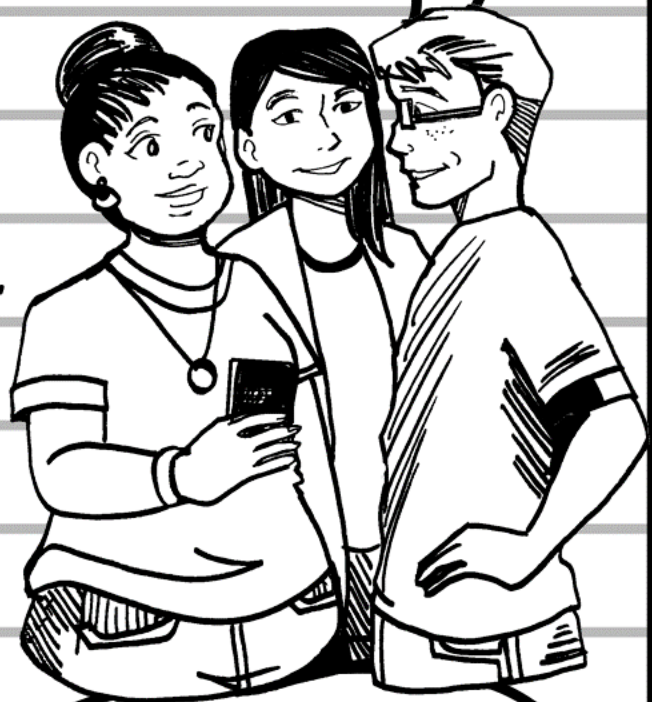
Social Influences

How do society & media affect how we see ourselves?

Who or what has influenced the person you are today?"

Positive Influences: Supportive friends, role models, personal passions, education, family values.

Negative Influences: Peer pressure, social media comparison, unrealistic beauty standards, fear of judgment.



Identity

How can we stay true to ourselves despite outside influences?

Have you ever felt pressure to change who you are to fit in?

MIDDLE SCHOOL FILES

Future Goals

Create a vision board that represents your goals and identity.

GOALS

What do you want to achieve for yourself?

Where do you see yourself in the future?

How would you describe the person you want to be?

Write your favorite quote above.

What are some things you want to experience or accomplish?

Identity



MIDDLE SCHOOL FILES

Reflection

Think about how you are doing when it comes to your identity.



I'm doing great at:



I'm working on improving:



I need more help with:



My takeaway's from this activity:



Identity

MIDDLE SCHOOL FILES

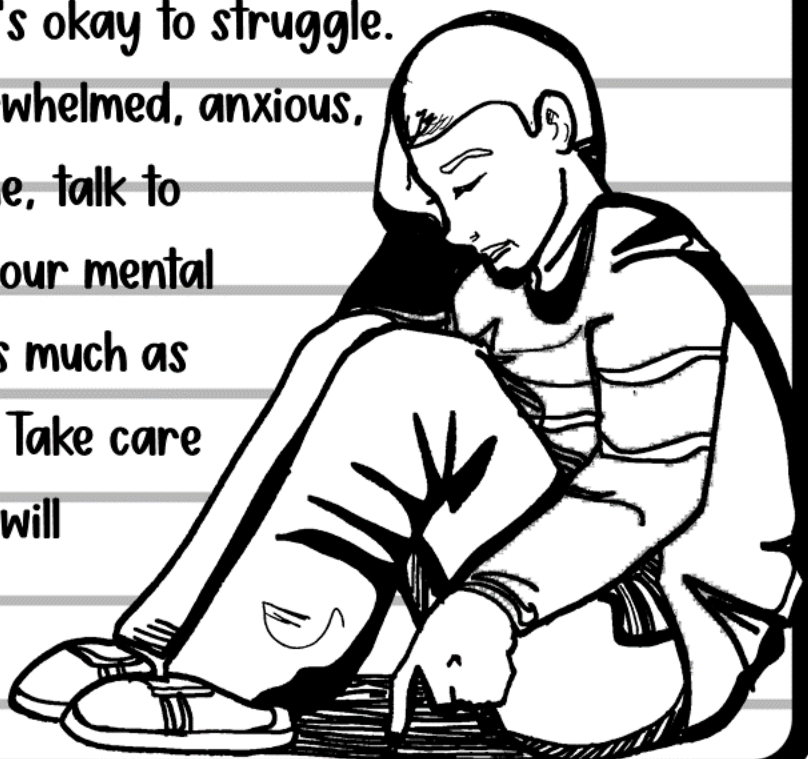
What is Mental Health?

Mental health is how you think, feel, and handle life's ups and downs. Just like taking care of your body, taking care of your mind is important too! It affects your mood and how you feel every day. It helps you deal with stress, relationships, and challenges. Good mental health allows you to feel confident, happy, and in control.



Signs of good mental health are that you feel comfortable being yourself, you can handle stress in healthy ways, you have supportive friends and family, you know when to ask for help when needed. Sometimes, life can feel overwhelming, and it's okay to struggle.

If you're feeling overwhelmed, anxious, or sad for a long time, talk to someone you trust. Your mental health matters just as much as your physical health. Take care of your mind, and it will take care of you!



Mental Health

MIDDLE SCHOOL FILES

Mental Health Tips and Tricks

Here are a tips to help with your mental health:

***Stress-** The feeling you get when you're under pressure or feel overwhelmed by different situations. It's your body's reaction to challenges and demands in your life.

***Coping Skills-** Refer to strategies and techniques that help manage and navigate difficult emotions, stress, challenges, or any tough situations in a healthy way. They are tools or behaviors that allow teens to handle life's ups and downs without feeling overwhelmed or resorting to harmful actions.

***Loneliness-** The feeling of being alone, even when surrounded by people. It can happen when you feel disconnected from others or when your social needs aren't being met. Loneliness is a common emotional experience, and it can happen to anyone.

***Boundaries-** The limits we set for ourselves and others to protect our well-being—emotionally, physically, and mentally. They help us maintain healthy relationships and ensure that we feel safe, respected, and valued.









MIDDLE SCHOOL FILES





Stress

Stress can affect your body, emotions, and actions. Read the statements below and check all the signs of stress you've experienced.





Physical Effects:

- ☐ Headaches 
- ☐ Tiredness or fatigue 
- ☐ Muscle tension or pain 
- ☐ Trouble sleeping 
- ☐ Stomachaches or nausea 
- ☐ Fast heartbeat or shallow breathing 

Emotional Effects:

- ☐ Feeling anxious or nervous 
- ☐ Feeling sad or overwhelmed 
- ☐ Easily irritated or angry 
- ☐ Feeling helpless or hopeless 
- ☐ Worrying a lot about things that might happen

Behavioral Effects:

- ☐ Avoiding responsibilities or tasks 
- ☐ Overeating or not eating enough 
- ☐ Being less social or isolating yourself 
- ☐ Losing focus or forgetting things 

Below are common sources of stress for teens. Check the boxes that you have experienced.

- ☐ Schoolwork and exams 
- ☐ Pressure to do well academically
- ☐ Friendships and social drama 
- ☐ Family expectations or issues 
- ☐ Social media or comparison 
- ☐ Lack of time for personal activities
- ☐ Changes in your body or identity
- ☐ Worrying about the future 
- ☐ Feeling lonely or isolated 
- ☐ Extracurricular activities (sports, clubs, etc.) 





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Coping Skills

Below are healthy ways to manage stress. For each one, rate how likely you are to try it, using a scale from 1 to 5 (1 = not likely, 5 = very likely).

*Exercise (e.g., going for a walk, playing sports)  

Likely to try: ---

*Deep breathing or meditation  

Likely to try: ---

*Talking to a friend or trusted adult  

Likely to try: ---

*Listening to music  

Likely to try: ---

*Journaling or writing about your feelings  


Likely to try: ---

*Getting enough sleep  

Likely to try: ---

*Taking a break from screens (social media, phones) 

Likely to try: ---

*Engaging in a hobby (art, gaming, cooking, etc.) 

Likely to try: ---

*Positive self-talk (being kind to yourself)  

Likely to try: ---

What stress management technique do you feel could help you the most right now? Why?

MIDDLE SCHOOL FILES

Loneliness

Loneliness can show up in different ways:

- Feeling sad or empty, even when around people
- Losing interest in things that once brought you joy
- Feeling disconnected from your friends or family
- Spending a lot of time alone, even when you want company
- Feeling misunderstood or like no one gets you
- Becoming withdrawn or isolating yourself from others
- Experiencing low energy or motivation to do anything

Building and maintaining connections with others can help reduce feelings of loneliness. Below are some ways to strengthen your relationships with others. Rate each one on a scale of 1-5 (1 = not likely, 5 = very likely).

- Reach out to someone you haven't spoken to in a while 

Likely to try: ---

- Be open and share how you're feeling with a trusted person

Likely to try: ---

- Participate in a group activity or event 

Likely to try: ---

- Offer help to others (kind gestures, supporting a friend) 

Likely to try: ---

- Make a regular effort to spend time with friends and family 

Likely to try: ---



Mental Health

MIDDLE SCHOOL FILES

Boundaries

Different types of boundaries:

Physical Boundaries: Your personal space, touch, and physical interactions.

Emotional Boundaries: Protecting your feelings and not overextending yourself for others.

Mental Boundaries: Protecting your thoughts, beliefs, and opinions from being dismissed or manipulated.

Time Boundaries: Setting limits on your time and energy.

Below are different ways you can establish boundaries with others. Rate how comfortable you feel doing them, using a scale from 1 to 5 (1 = not comfortable, 5 = very comfortable).

- Saying "No" without feeling guilty.

Comfort level: ---

- Telling someone when their behavior is making you uncomfortable.

Comfort level: ---

- Asking for personal space when you need it.

Comfort level: ---

- Setting limits on your time and saying no to extra commitments.

Comfort level: ---

- Expressing your feelings openly without fear of judgment

Comfort level: ---

- Asking for support from others when you need it.

Comfort level: ---



Mental Health

MIDDLE SCHOOL FILES

Reflection

Think about how you are doing when it comes to your mental health.



I'm doing great at:



I'm working on improving:



I need more help with:



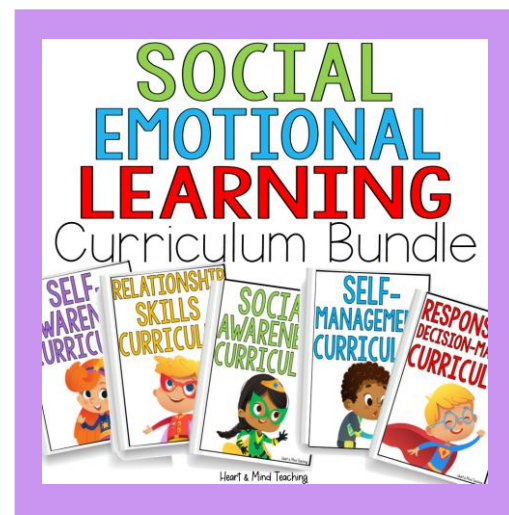
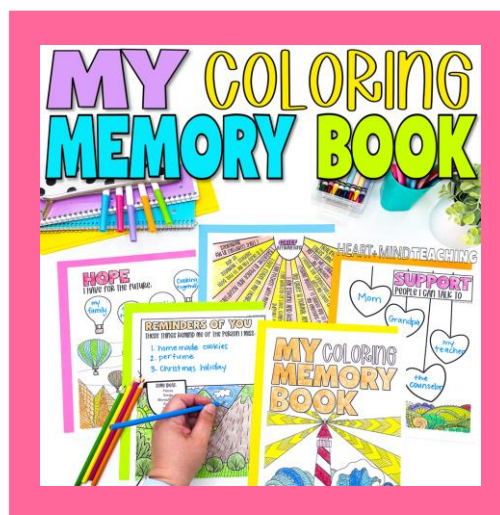
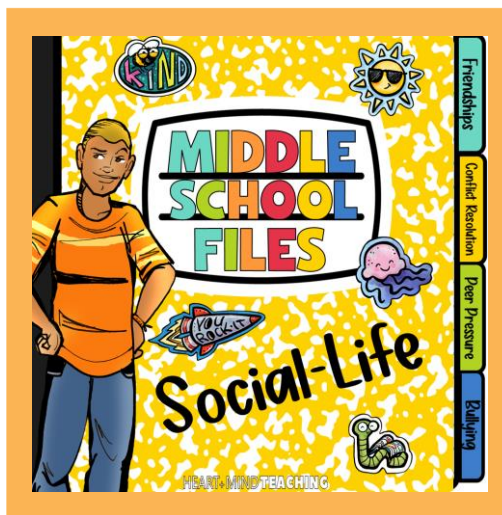
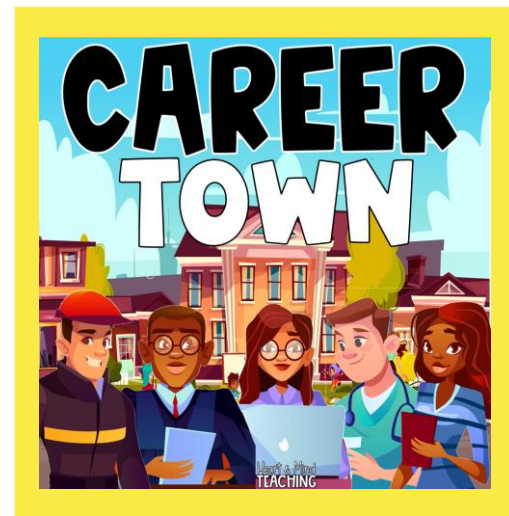
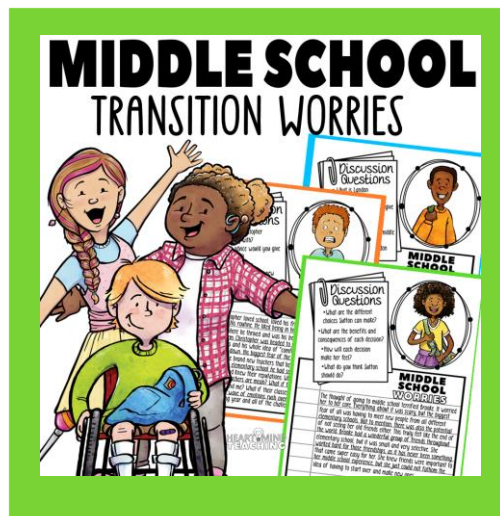
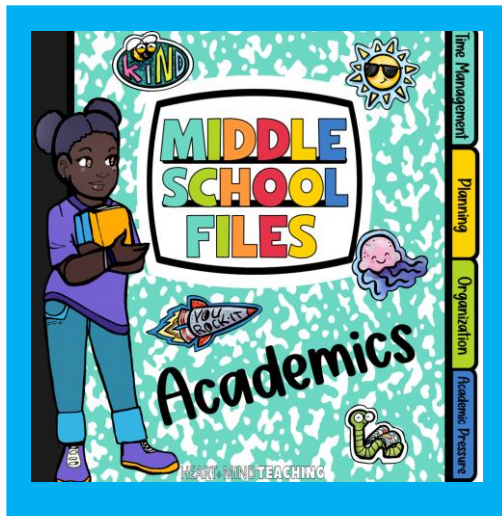
My takeaway's from this activity:



Mental Health

CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR
Collab
— with Laura & Ashley —



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

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Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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