

# Year 5

God loves us in our changing and developing



This Powerpoint presentation is a simplified form of the  
*A Journey in Love* book and should be used in conjunction with  
this publication.

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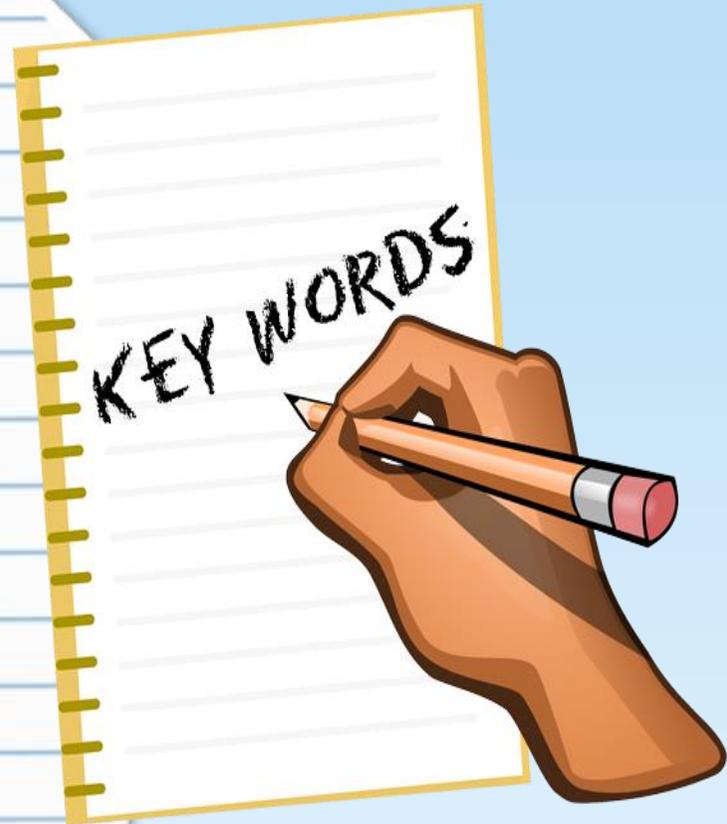
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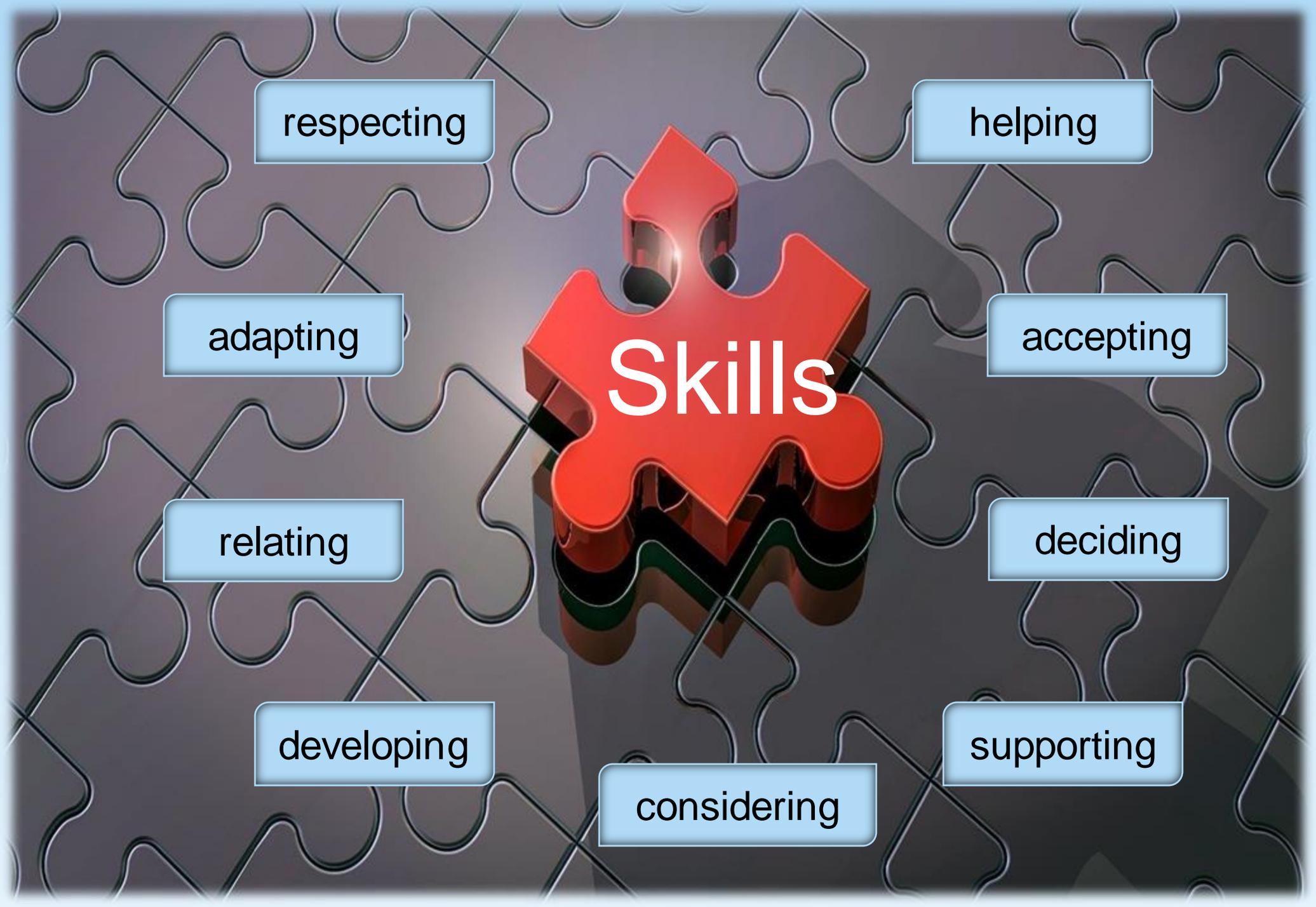
# Aim

Show knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom etc. and grow further in recognising God's presence in our daily lives.



God	develop	uterus
sensitivity	ovulation	fertilised ovum
puberty	biological	fallopian tube
presence	respect	vagina
celebrate	reproduction	cervix
external	menstrual cycle	womb
internal	hormones	period
change	pituitary gland	





# Skills

respecting

helping

adapting

accepting

relating

deciding

developing

supporting

considering

# Social and Emotional

## Learning intention

To show knowledge and understanding of emotional relationship changes as we grow and develop.



# The basic stages of emotional childhood development

Infant or baby (Birth – 2 years old)



Toddler or pre-school age (3-5 years old)



School going age (6-12 years old)



Adolescent or teenager (13-18 years old)



# Infant or baby (birth – 2 years old)

- A child goes through many changes in development.
- Initially, the baby will be very sleepy and in a few weeks will become more alert, responsive and interactive with people they see on a daily basis.
- The child develops a very close bond with their parents or caregivers and begins to smile.



# Infant or baby (birth – 2 years old)

- The child develops a sense of belonging in the family.
- Once the child is fully aware of their surroundings, they could show signs of jealousy when a parent holds another baby – this is a normal sign of emotional development.



# Toddler or preschool age (2-5 years old)

- When the child starts walking, a whole new adventurous approach to life begins.
- They will start exploring on their own and their language skills will develop significantly.
- They will start naming objects and people and will start developing their own personality very quickly.



# Toddler or preschool age (2-5 Years old)

- They will start exploring their emotions and might even start throwing tantrums.
- It is important, at this stage, that parents or caregivers learn to teach the child the value of delayed gratification – the child cannot get everything that they see.
- Just as the child learns to say ‘no’, they need to learn to accepting ‘no’ from other people too.



# School going age (6-12 years old)

- Child becomes a lot more independent and social.
- A parent or caregiver needs to instil a good set of morals and accepting behaviour.
- Some children may struggle to adapt to schooling.



# School going age (6-12 years old)

- It is important that parents are able to provide praise and encouragement for achievement but parents must also be able to allow [children] to sometimes experience the natural consequences for their behaviour or provide logical consequences to help them learn from mistakes.



# Adolescent or teenager (13-18 years old)

- The teenage years often pose the biggest challenges when it comes to parenthood.
- A child goes through many emotional and social changes.
- Most 13-14 year olds are going through puberty, which means a slight change in mood, self sensitivity and self-consciousness can be expected.



# Adolescent or teenager (13-18 years old)

- At around 15, most children want to do things without their parents and want to be more social with friends.
- Most teenagers at the age of 17 “are equipped to regulate their emotions. They’re less likely to lose their tempers and healthy teens know how to deal with uncomfortable feelings.”
- During this time, they will develop and strengthen relationships with people they feel close to.



# Questions

List any behaviour changes you recognise as you are growing and developing.

Do you think these changes have affected any friendships, and how?

Are these determined by how others treat you?

Are there ways you are becoming more sensitive to your emotional development and that of others?



Questions continued on next page >>>



# Questions (continued)

If a friend was struggling with their self-confidence and self-esteem, what would you advise them to do?

Where would you go and/or who would you go to for advice or to report concerns for yourself or on behalf of a friend because you are worried about being unsafe, feeling uncomfortable or concerned for your own or their mental health and wellbeing?

How can this translate to keeping safe on-line?



# Pause and reflect

Lord,

make me an instrument of your peace;

where there is hatred, let me sow love;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy;

O Divine Master, grant that I may not so much  
seek to be consoled as to console; to be  
understood as to understand; to be loved as to  
love.

For it is in giving that we receive;  
it is in pardoning that we are pardoned;  
and it is in dying that we are born to eternal life.



*The body heals with play,  
the mind heals with laughter and  
the spirit heals with joy*

*Proverb*



# Physical

## Learning intention

To show knowledge and understanding of all physical changes in puberty.



# Questions

How do you we recognise the emotional, internal and external changes that happen during puberty?

Why do we think we might need to change our hygiene routines during the time of puberty; why is it important to keep clean and maintain a good personal hygiene?

How do we know what physical contact is appropriate, inappropriate or unsafe? Can this be extended to other forms of contact and what might these be?

As we grow and change how do we recognise the God of love who journeys with us?



# Physical changes in girls

Breasts develop: they come in all shapes and sizes.

Hips broaden and waist slims, ovaries produce oestrogen in hormonal activity.

Menstruation begins and the uterus enlarges.

Vaginal lining thickens.

First menstruation occurs approximately 12 months after breasts have begun to develop.

Usually start to grow hair on underarm, pubic area and legs.



# Physical changes in boys

Increased testosterone in the blood stream.

Muscles and bones develop.

Voice deepens.

Some boys get uneven breast changes in early puberty.

Waist thickens.

Longer limbs in proportion to body.

Continued >>>



# Physical changes in boys

Shoulders broaden.

Wet dreams and erections.

Penis and scrotum enlarge.

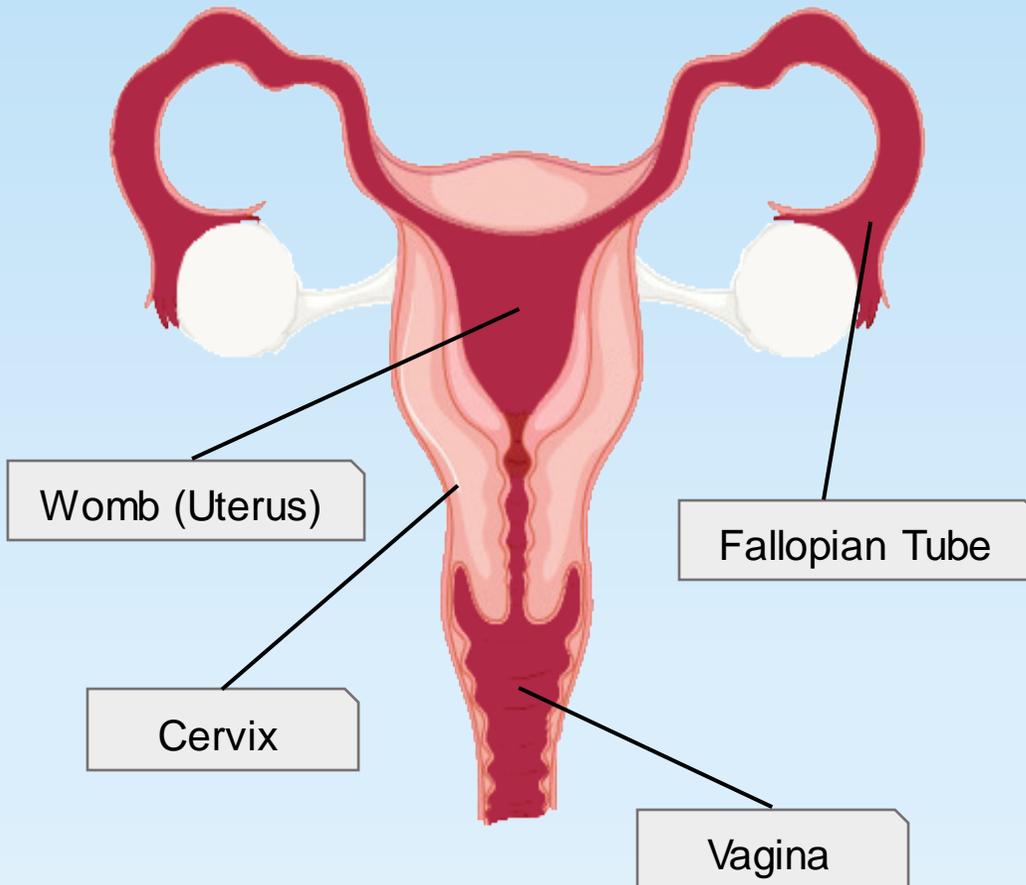
Hair can grow on face, chest, back, arms as well as under arms and pubic area.

Production of sperm and discharge of seminal fluid during ejaculation.

Adam's apple enlarges.



# Menstruation and Ovulation



## **Menstruation** (from the Latin for 'month')

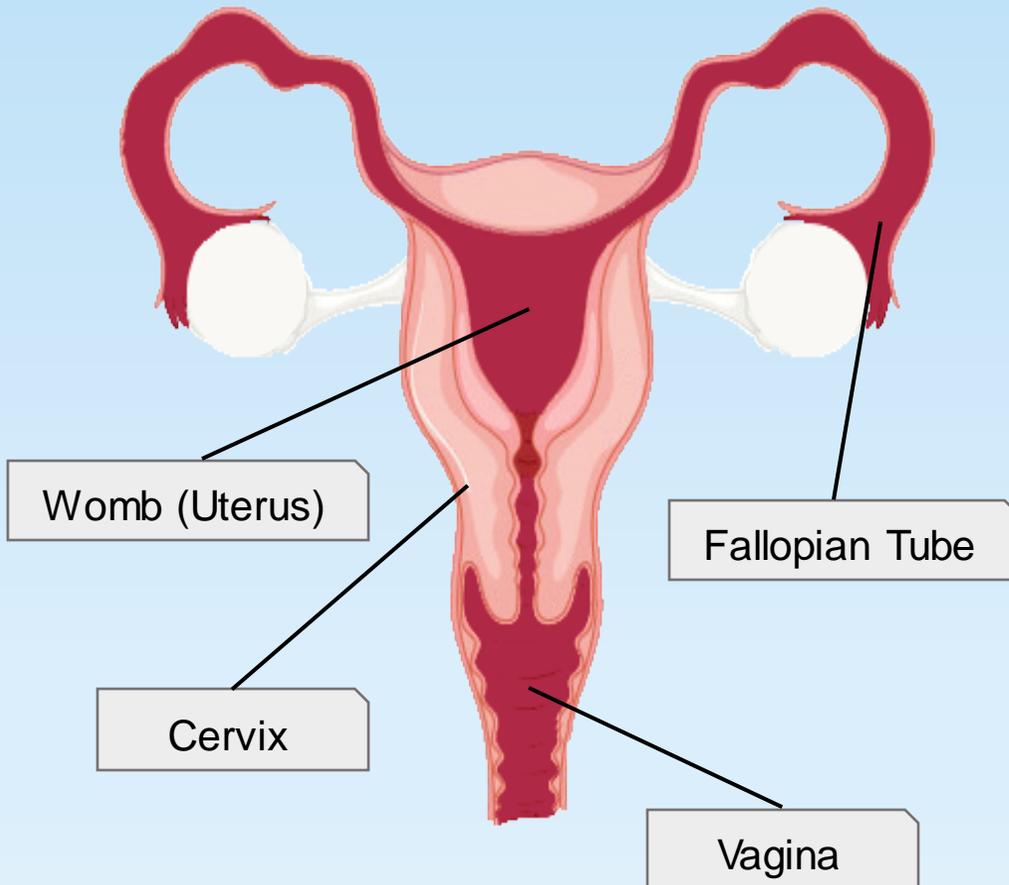
The menstrual cycle is controlled by hormones released from the pituitary gland.

Most menstrual cycles last for about 28 days. The first day of the period marks the start of the cycle and is counted as day 1.

If the uterus does not receive a fertilised ovum, the Lining of the uterus breaks down and is shed over the next number of days.

This is called menstruation. The lining of the uterus begins to thicken and an ovum begins to develop.

# Menstruation and Ovulation



## Ovulation

On approximately the 14<sup>th</sup> day of the cycle an ovum is released in the fallopian tube.

This is called ovulation.

The ovum travels towards the uterus.

The lining of the uterus continues to thicken and gets full of blood in case a fertilised ovum arrives. If the ovum is not fertilised it will dissolve and a period will occur.

Then the cycle starts again.

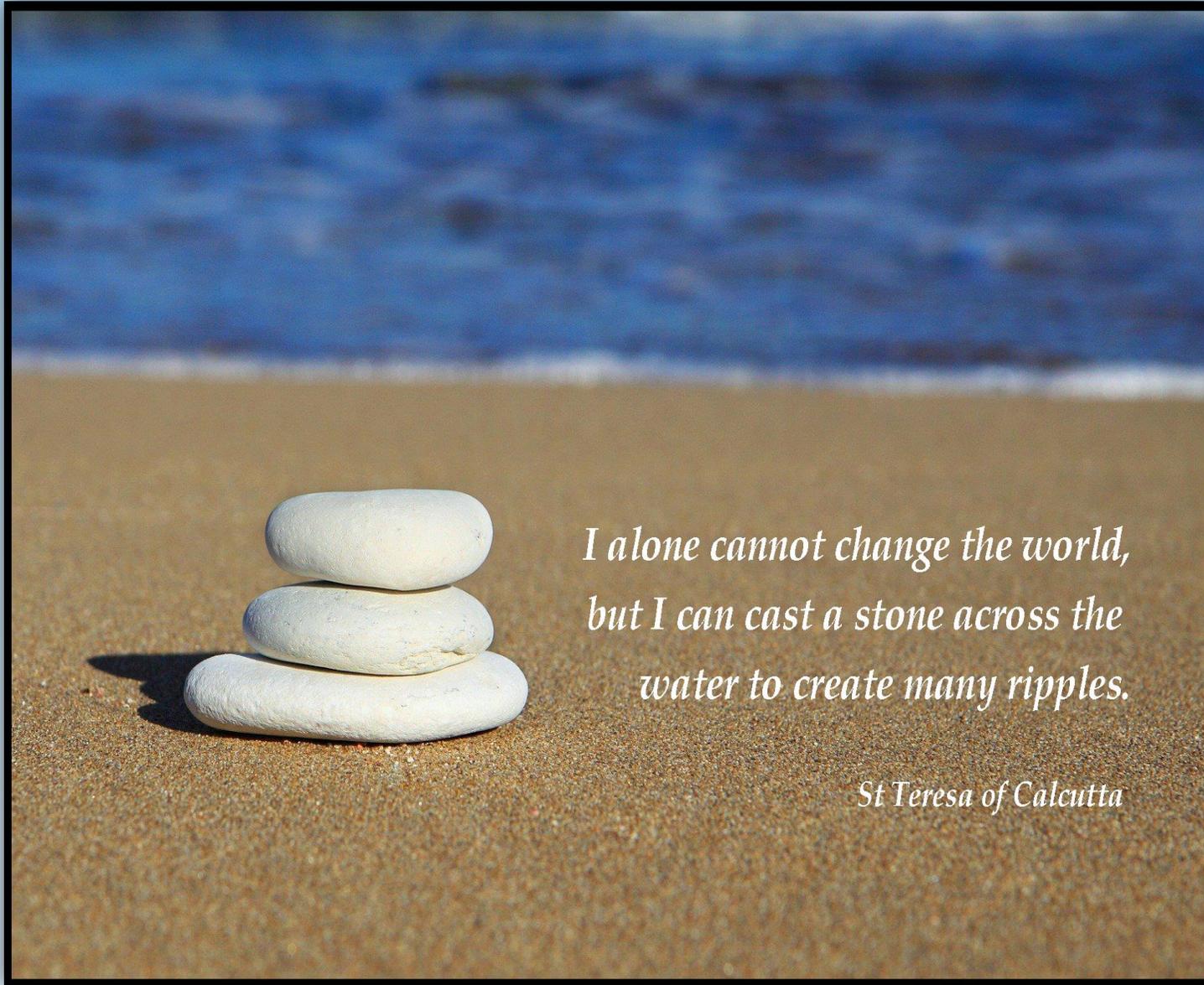
# Pause and reflect

Loving Father and Creator of all,  
we thank you for the beauty,  
dignity and gift of human life.

Help us to respect and treasure its  
sacredness from the moment of  
conception until its natural end.

Amen





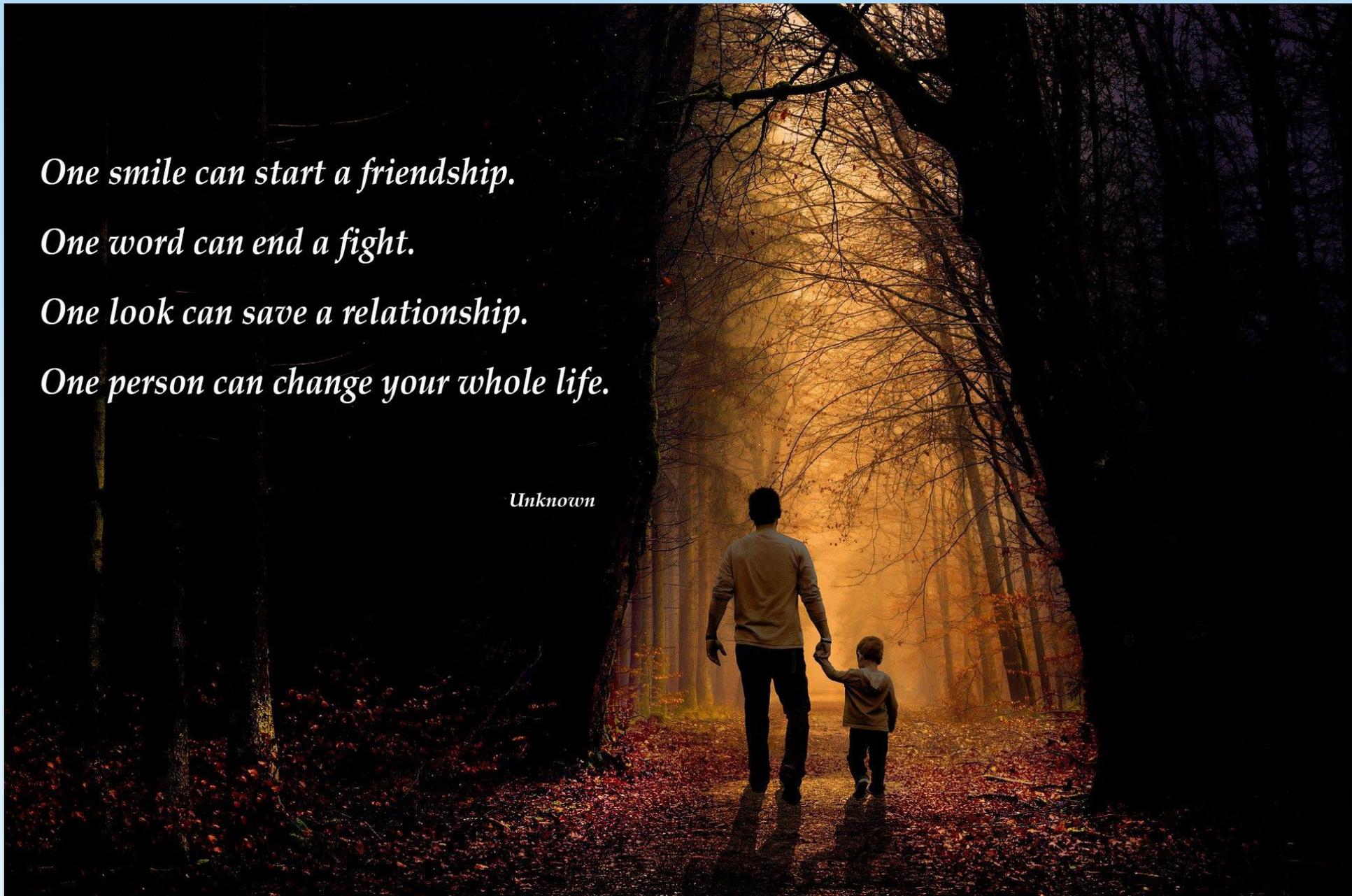
*I alone cannot change the world,  
but I can cast a stone across the  
water to create many ripples.*

*St Teresa of Calcutta*



*One smile can start a friendship.  
One word can end a fight.  
One look can save a relationship.  
One person can change your whole life.*

*Unknown*



*God*

*Designed me*

*Created me*

*Blesses me*

*Heals me*

*Defends me*

*Forgives me*

*Loves me*



# Spiritual

## Learning intention

To celebrate the joy of growing physically and spiritually.



# Questions

What does it mean to grow holistically, e.g. physically, socially, emotionally, intellectually and spiritually?

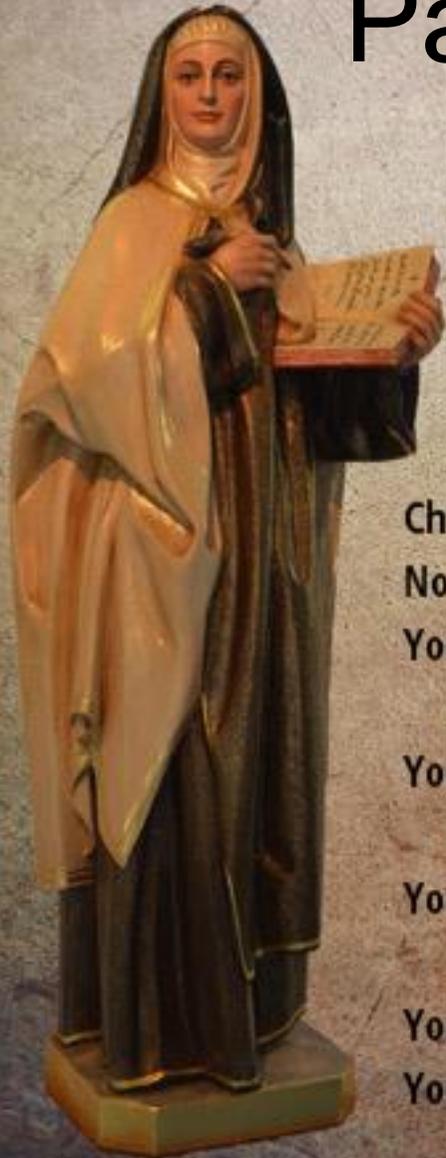
Are there ways and means we can ensure each aspect happens healthily?

What difficulties might you face as your body changes and grows?

God's love surrounds you always and His Holy Spirit guides and protects you. How will this help you to be respectful of your own body and help you to be courageous in the face of changes?



# Pause and reflect



## St Teresa's Prayer

Christ has no body now but yours,  
No hands, no feet on earth, but yours,  
Yours are the eyes through which  
    He looks with compassion on this world,  
Yours are the feet with which  
    He walks to do good,  
Yours are the hands with which  
    He blesses all the world,  
Yours are the hands, yours are the feet,  
Yours are the eyes, you are His body.

Christ has no body now but yours  
No hands, no feet on earth, but yours  
Yours are the eyes through which  
    He looks with compassion on this world  
Christ has no body now on earth but yours.

John Michael Talbot  
[www.musictory.com](http://www.musictory.com)

The Christian family is missionary: it announces the love of God to the world. The most beautiful thing God made, so the Bible tells us, was the family.

He created man and woman and He gave them everything.

He entrusted the world to them: 'Grow, multiply, cultivate the earth, make it bear fruit, let it grow.'

All the love he put into that marvellous creation he entrusted to a family.



Pope Francis

