



PSHE – Growing up



NO OUTSIDERS

Why is no outsiders important?
Which has been your favourite no outsiders book so far this year?



The ZONES of Regulation



Which zone are you in right now?

Why?

What strategies might you need to use?

Reproduction	When living things make babies or new life to keep their kind going. All living things need to reproduce.	Relationships	The connections you have with family, friends, or others, showing care, trust, and support.
Puberty	The time when children's bodies start changing and growing into adult bodies.	Families	People who love and care for each other, like parents, siblings, or others who live together. Families can look very different and can be diverse.
Hormones	Special chemicals in your body that send messages to help you grow, feel, and change. We will mainly focus on testosterone and oestrogen .		