

changes during Puberty —

Emotions

Lesson 8

Grades  
4th & 5th

# Mood Swings

**In this lesson we will explore the emotions and mood swings common during puberty.**

**Materials needed:** journals, 3x5 cards, mailbox, poster board or butcher paper, different colored construction paper with thought bubbles drawn on them

**Today you will need your journals and question. I will be handing out a new packet to you. This one will discuss the emotional changes that often happen during puberty.**

**Side Note:** Give them a bit of time to get out their things.

**I'd like you to open your journals to a clean page. Put the date in the top right hand corner** (or however you have your students head their papers). **I want you to write down your feelings. How were you feeling when you went to bed last night? How did you feel when you woke up this morning? How are you feeling right now? How have your feelings changed in the last 24 hours? Have you had anyone comment on your behavior? Remember, I want you to keep writing for the entire 3 minutes. Go.**

**Side Note:** Give the girls 3 minutes to write. At the end of 3 minutes, tell them to finish the sentence they are writing and put their pencils down.

**Does anyone want to share what you've written?**

**Side Note:** Try to get at least three girls to read to you from their journals. Encourage girls to speak who have different behavior patterns or different temperaments.

**Today we will be talking about mood swings. Does anyone know what mood swings are?**

**Side Note:** Let them explore what this means to them.

**Mood swings are when your behavior and attitude changes at the drop of a hat. This is very normal for adolescents. You are figuring out who you**



are, who your friends are, and how you look. Your relationships with your parents and with your peers are likely changing. It may be a confusing time. It's no surprise that your feelings change rapidly.

Let's talk about some of the feelings you might have. What are they?

**Side Note:** Answers might be:

- ◆ Happy
- ◆ Sad
- ◆ Depressed
- ◆ Angry
- ◆ Confused
- ◆ Irritated
- ◆ Frustrated
- ◆ Cranky
- ◆ Excited
- ◆ Restless



What can you do when you're feelings are out of control? What do you do to calm down? I want you to write a list in your journals of at least three things you can do to bring your mood back to neutral when you get out of control.

**Side Note:** Get out poster board or butcher paper for a poster. Write at the top 'When I am \_\_\_\_\_, I can \_\_\_\_\_ to get back in control.'

Okay. I am going to write down some of the ways you are able to get yourselves back in control. Who wants to go first?.

**Side Note:** Some answers you might get are:

- ◆ Write in my journal
- ◆ Go for a walk
- ◆ Go for a run
- ◆ Read a book
- ◆ Call a friend
- ◆ Take a nap
- ◆ Walk away from the situation
- ◆ Talk to my mom
- ◆ Talk to my dad
- ◆ Take a shower
- ◆ Sit by myself on the porch and chill out



All of these are great. Get them started if no one wants to jump in.

Next hand out construction paper thought bubbles.

**I want you to take 5 minutes and write in your journal. Write about a time when your emotions and behavior got out of control. It could be a time you talked back to your mom. Or a time you got angry with your best friend - any time you can remember feeling out of control. Write about how you got back into control. Maybe it just took time. Maybe you did something that helped. What was it?**

**It's been 5 minutes, finish up what you are writing. Does anyone want to share with the class what you wrote?**

Let 3 or 4 girls speak.

**Your homework is to fill in the thought bubble I gave you with the phrase "When I get out of control, I \_\_\_\_\_. These should be done in black marker so they can be read when they are posted around the room. These will help all of you to remember you have options when you feel out of control. The answers you need will be all around you.**

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