

Year 5/6 Periods – Lesson Plan

Overall aims and objectives
<ul style="list-style-type: none"> • Learn what a period is • Learn how to manage our periods and the products available • Learn how periods can affect our emotional health

Time	Activity
05 mins	Slide 1 & 2 – Introduction <ul style="list-style-type: none"> • Introduce yourself and explain what the session is about • Read Ground Rules, add any more rules that the class have decided on
05 mins	Slide 3 – Session Aims Reiterate the importance of listening and being considerate to each other
05 mins	Slide 4 – What is a Period Discussion around slide.
03 mins	Slide 5 – Menstruation Video
05 mins	Slides 6 – Female Reproductive System Discussion around slide using footnotes
15 mins	Slide 7 –Hula Hoop activity Explain activity from notes cards. Depends on number of children
05 mins	Slide 8 – How Will I Know when I’m Going to Start My Period? Discussion around slide
05 mins	Slide 9 – Hygiene Discussion around slide

05 mins	Slide 10 – What Happens if I Start My Period At School? Discuss slide
10 mins	Slide 11 – How Does it Make Me Feel? Discussion around slide using footnotes
05 mins	Slide 12 – How to Look After Ourselves Discussion around slide using footnotes
15 mins	Slide 13 – What Period Products Should I Use? Period products video followed by demonstration of period products
05 mins	Slide 14 & 15 – Menstruation Quiz
05 mins	Slide 16 – It’s Good to Talk Ask the class who they might talk to if they needed support. Name the School Nurse and explain how to access the service.
10 mins	Slide 17 – Any Questions Pass around post it notes and ask all of the class to write something, even if they don’t have a question, it could be what they thought of the session, and then collect post it notes into the “ask it” basket. Answer questions as required.

Resources Required:

- Ensure period Session is on your laptop
- Pants (supplied), sanitary towels, tampons, period pants
- Hula hoop activity: hula hoops, skipping ropes, bean bags, ball and labels for reproductive system
- Ask-it basket
- Post – it notes