

# Puberty Changes Relay

**Recommended Age: 10-13**

## Goals

- To examine the physical and emotional changes of puberty.
- To normalize the changes that happen in different body types.

## Have Ready

- Flipchart paper.
- Markers and tape.

## Instructions

- Post two flipchart papers on the wall with the title 'Changes During Puberty'.
- Explain that we are going to have a relay race between two groups. The goal is to write down the changes, both physical and emotional, that can happen during puberty. The team with the most answers wins.
- The marker will be the baton; write one thing down and then pass the marker back.
- Divide the class into two groups and have each group line up by one flipchart.

## Additional Activities

Ideally, this activity should be followed by:

- Puberty Changes Drawing