

OVERVIEW OF ACTIVITIES & LESSONS

To be integrated across your Primary School as you see fit. We would recommend that all pupils get two lessons about periods in the final year of Primary School (Year 6 in England and Wales and P7 in Scotland), and that all pupils have at least one lesson on puberty which mentions periods per year from the age of 8.

	OVERVIEW	GREAT FOR	AGE
ACTIVITIES			
1: True or False	Teacher calls out a series of statements and students must decide whether they are true	Exploring menstruation; covering a wide range of topics; breaking down misconception and myths	ALL
2: Period Bingo*	Using the My Period cards, pupils play bingo, discussing periods along the way	Exploring menstruation; covering a wide range of topics; having fun	ALL
LESSON PLANS			
1: Changes	Pupils use a range of art materials to transform human shapes into adults	Exploring puberty in a creative way	8+
2: Puberty: Physical & Emotional Changes	Pupils explore puberty in more depth drawing changes on human body outlines, and exploring true and false statements	Covering the basics of puberty	9+
3: What are Periods?*	Pupils explore periods using the My Period cards and create posters to explain their learning	Covering the basics of menstruation	9+
4: Period Products	Pupils get messy with different types of period product	Exploring the variety of period products available	10+

Hey Girls also provides a list of games that can be played with the My Period cards to complement learning – see the booklet that accompanies the pack of cards.

*My Period cards are required for these lessons – for other lessons they are a useful bonus