

# *teen* FEMM

## Grade 6

### LESSON 6

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*teen*  
FEMM

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[illegible]

# Meet Mira!



Is at the end of sixth grade.



Lives with her two brothers, mom, and dad. (And her cat!)



Loves horses, but has never ridden one!



Plays on her school's badminton team!

*Go birdies!*



Just started teenFEMM at school.

# Help Mira chart

Red - bleeding

Yellow - pasty

Blue - moist

Grey - dry



name  
date

Mira

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |
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# Help Mira chart

Mira wrote down the following observations during her last cycle. Based on these observations, what would her chart look like?

- Felt dry, with nothing to observe - 6 days
- Noticed she was feeling moisture - 3 days
- Back to dryness - 3 days
- Moist again - 2 days
- Back to dryness - 2 days
- Three days of moisture in a row when wiping
- Dry for 5 more days
- She noticed a few splotches of blood on one day
- The next day she was lightly bleeding

# Mira's chart

-  **Red** - bleeding
-  **Yellow** - pasty
-  **Blue** - moist
-  **Grey** - dry



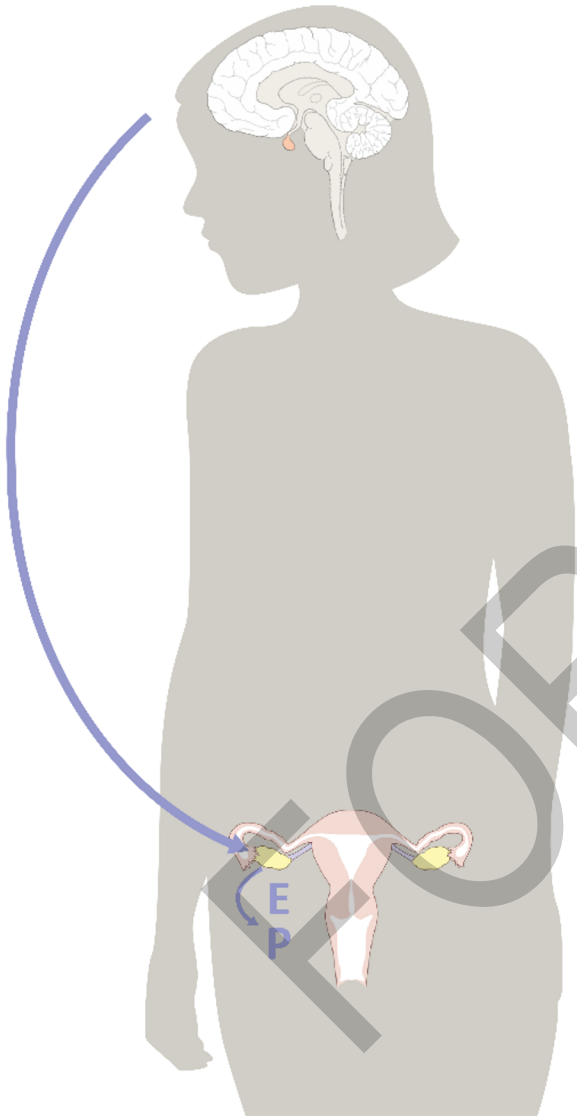
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|--------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-----|-----|----|----|----|----|----|----|----|----|
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# \_\_\_\_\_ & your growth

1. HORMONES cause all the growing & changing that your body does during puberty.
1. Your BRAIN sends hormonal signals throughout your body to trigger growth & development.



# What influences the brain?

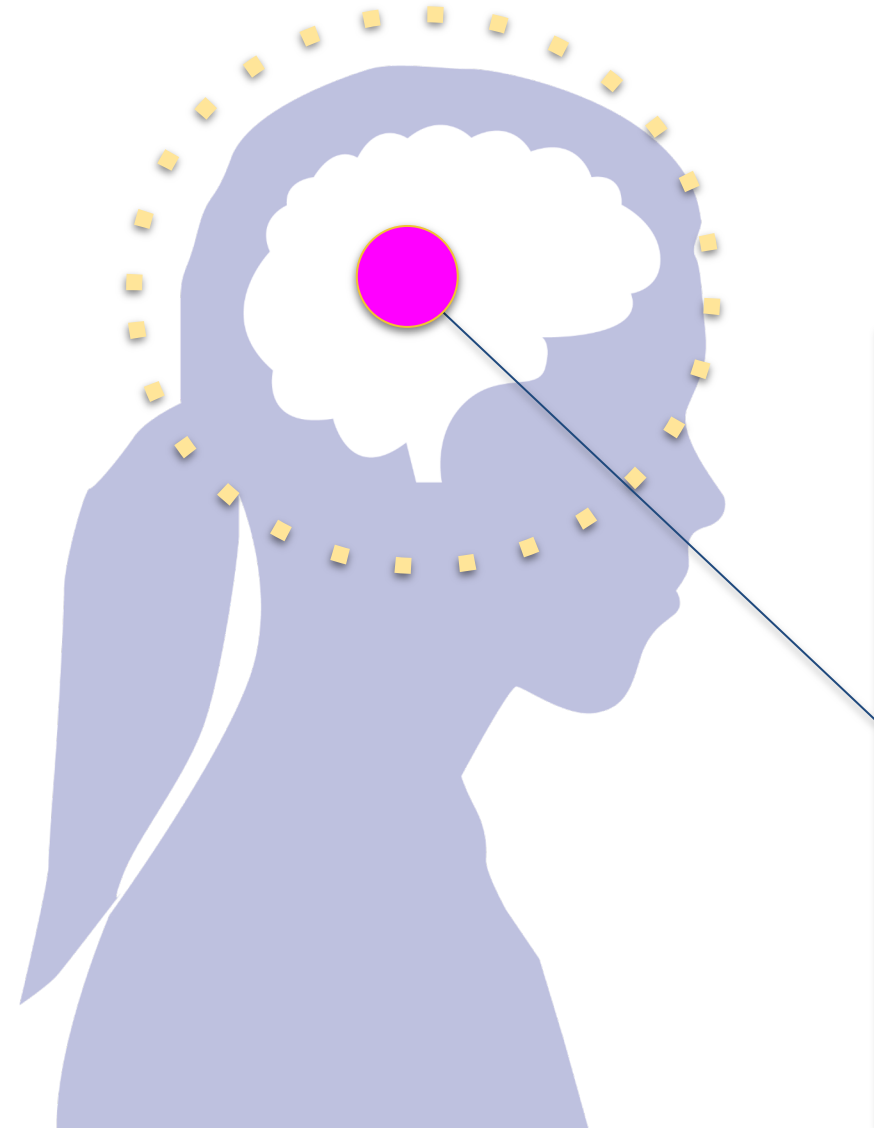
Because the **brain** is the organizing center for all this activity...

Things that affect your brain

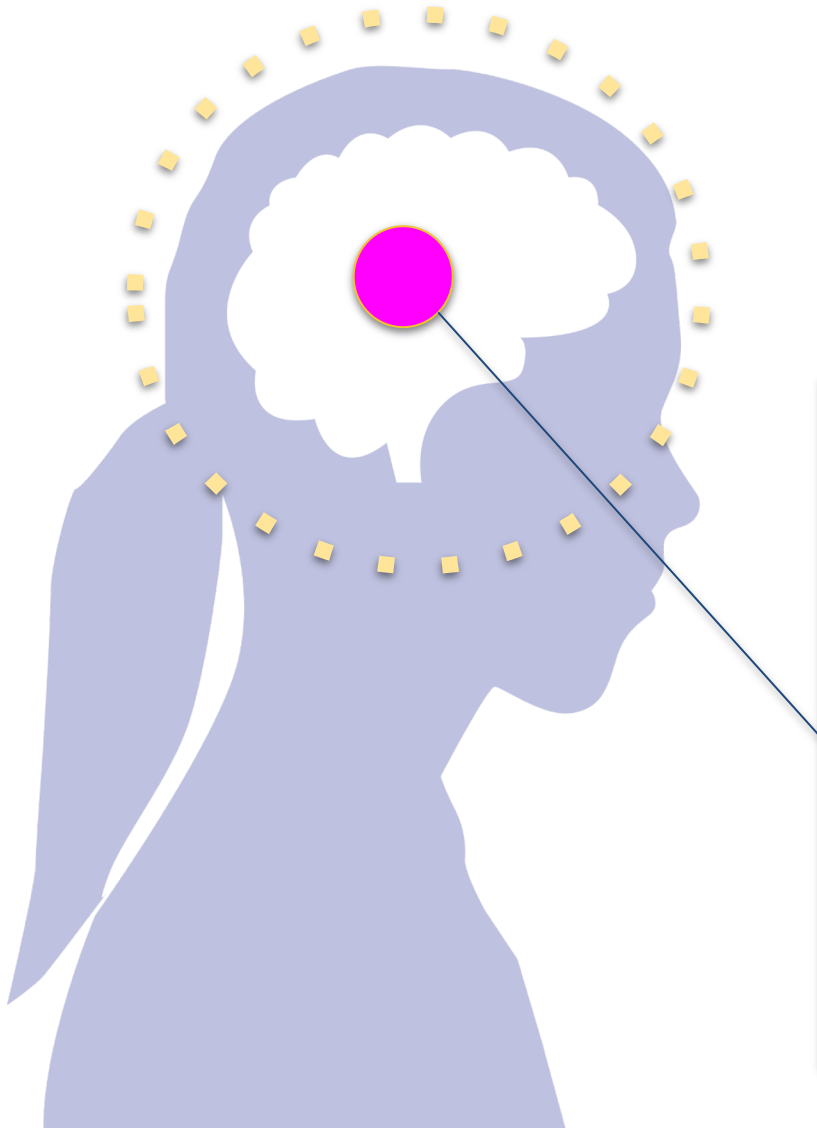
affect your physical & emotional

health.

...



# What influences the brain?



3 things that have a BIG impact  
on your **physical & emotional**  
health?

→ Nutrition



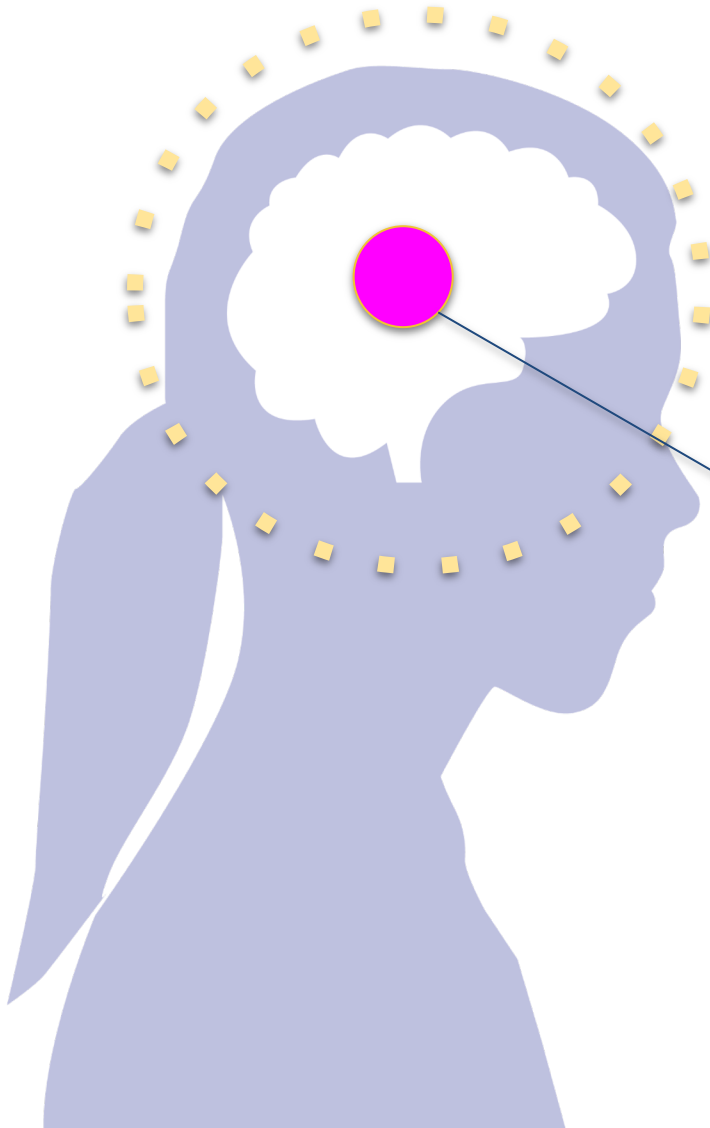
→ Exercise



→ Sleep



# Help!



What can YOU do to help your brain be at its best?



~~To Do List:~~

To Eat List:

### Proteins

build & maintain body & make hormones

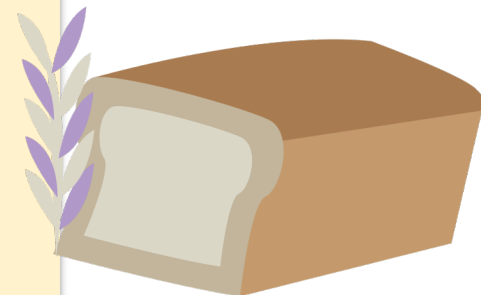
### Carbohydrates & fats:

provide energy & make hormones

### Vitamins & minerals:

build & maintain body & balance hormones

Water: carries nutrients; energizes muscle;  
clears waste & balances hormones



~~To Do List:~~

To Eat List:

Protein: nuts, eggs, greek yogurt,  
beans, fish, chicken, beef, etc.!

Carbohydrates: whole wheat bread, pasta, rice,  
quinoa

Fats: nuts, olive oil, butter, milk, cheese

Vitamins & minerals: fruits & vegetables  
(think of eating all the colors of the rainbow)

Water: just water! - not sugary drinks





# What's on the menu c *healthy habits* RESTAURANT

## Menu

### Breakfast

*Almond butter on a lightly toasted slice of our finest whole wheat bread, with a trickle of honey.  
A bowl of greek yogurt topped with berries.*

### Protein

*Greek Yogurt*

### Carbohydrates

*whole wheat  
toast*

### Vitamins & Minerals

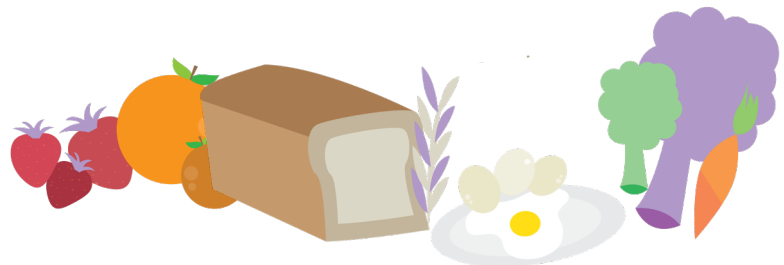
*fresh berries*

### Good Fats

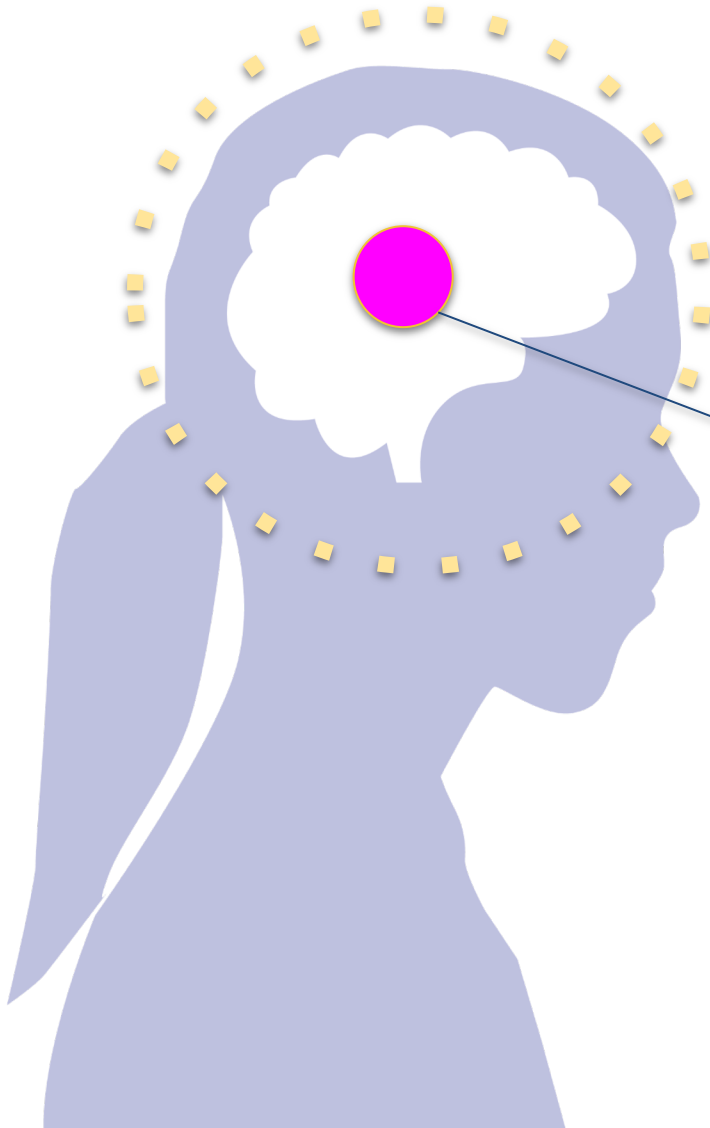
*Almond butter*

## Instructions

1. In your group, decide your meal.
2. Write a description of the meal, making it sound as delicious as possible!
3. Write down the foods your meal contains in the 4 categories.



# Help!

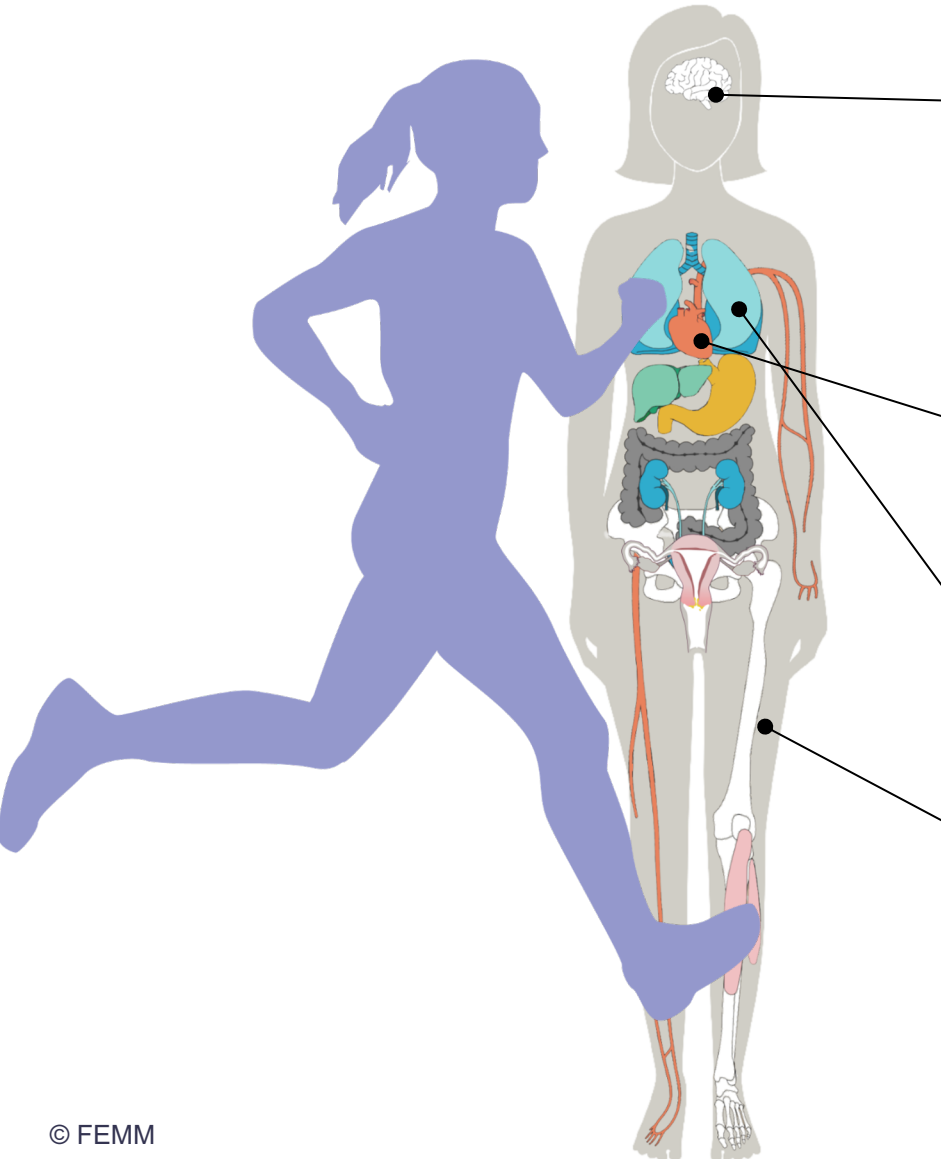


What can you do to help your  
brain be at its best?

Exercise!

*Play on!*

# Exercise is for every part of **your** body



## 1. Boosts your BRAIN 🧠

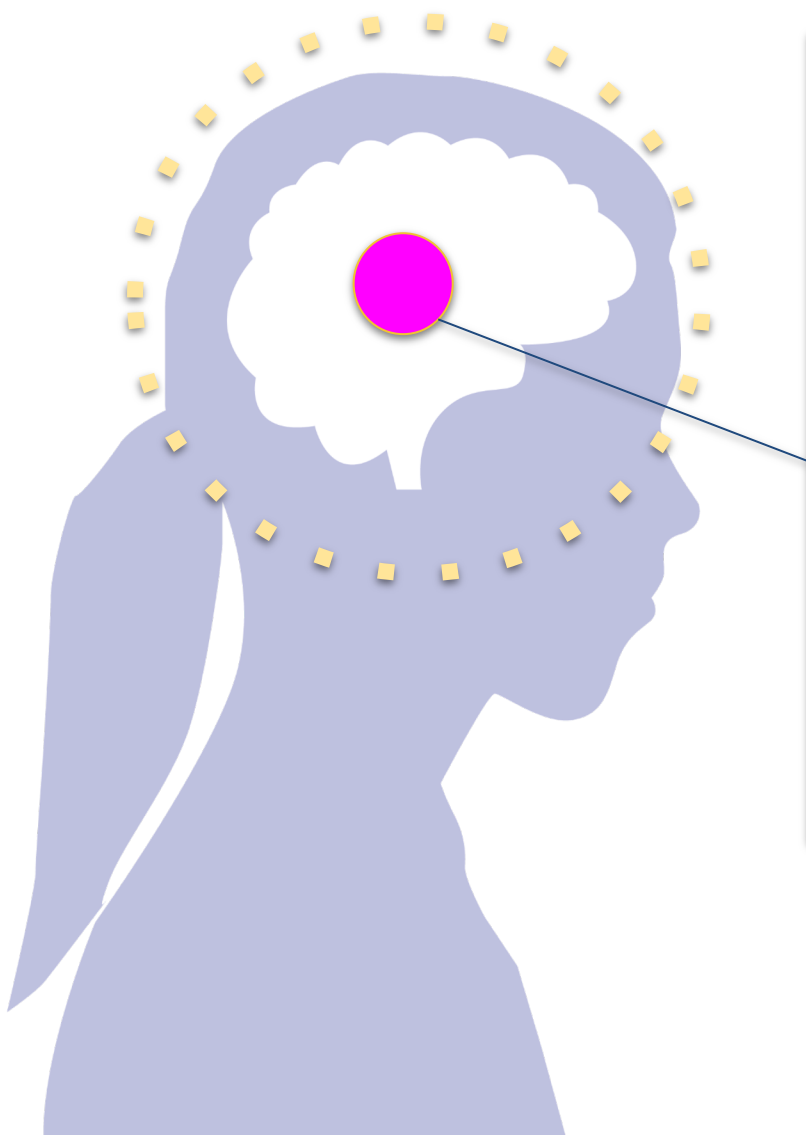
- Increases energy
- improves mood
- reduces anxiety

## 2. Strengthens your HEART ❤️

## 3. Strengthens your LUNGS 😷 (So you don't look like this emoji when you run.)

## 4. Strengthens MUSCLES and BONES 🏃 (You need muscles to groove too, you know.)

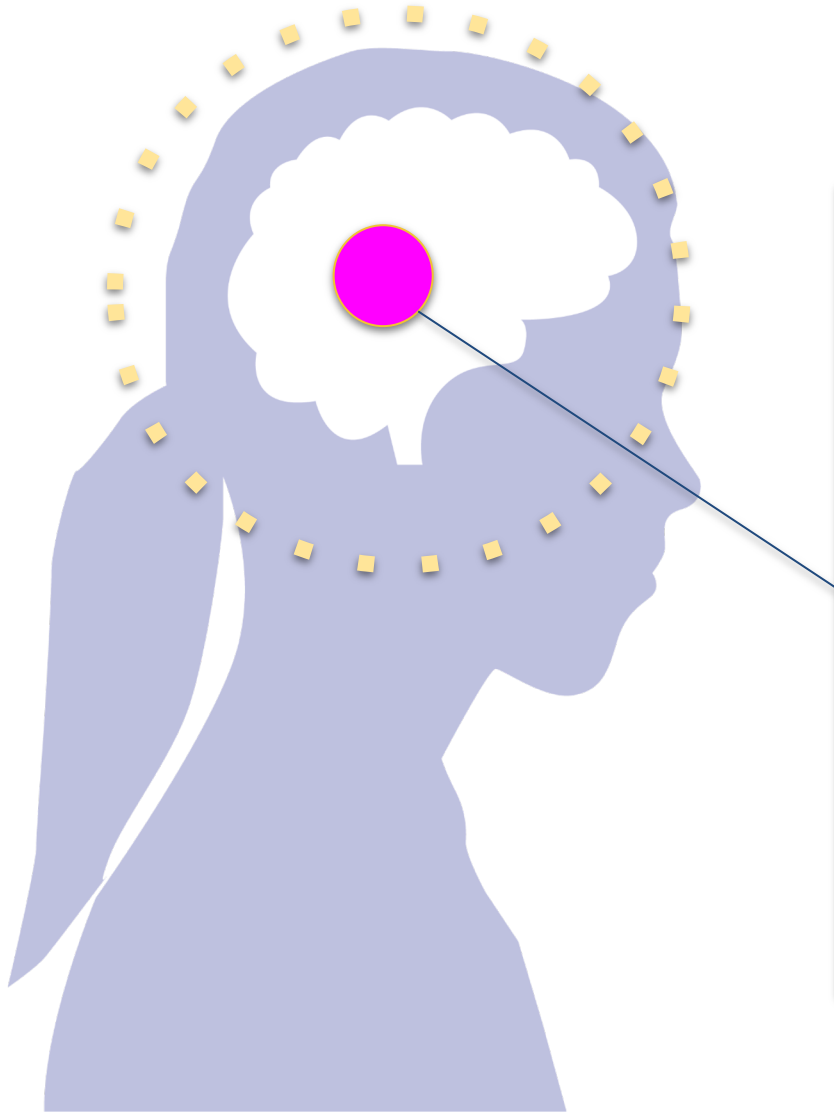
# Exercise is for every part of **your** body



To Do:

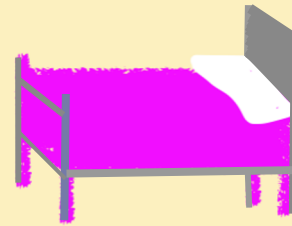
-Try to get 60 minutes  
of exercise a day

# Help!



What can you do to help  
your brain be at its best?

Sleep! 8-10 hrs.

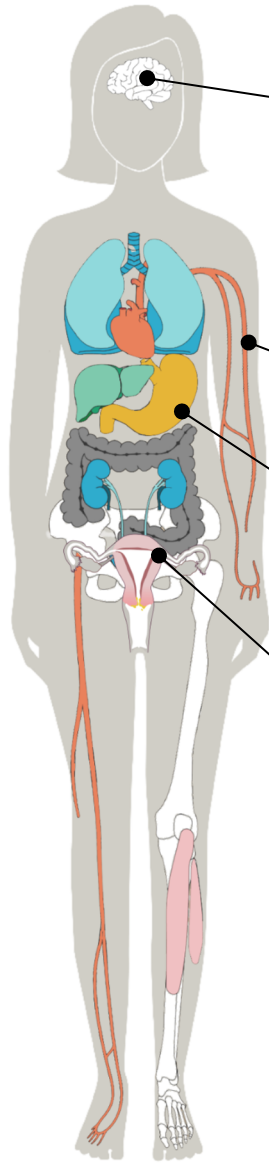


Zzz

# Sleep is for every part of **your** body

To Do:

Remember to get enough sleep every night  
to keep your body and mind healthy



Boosts your BRAIN



- helps you learn new things
- leads to more creativity
- makes you happier

Builds and repairs MUSCLE

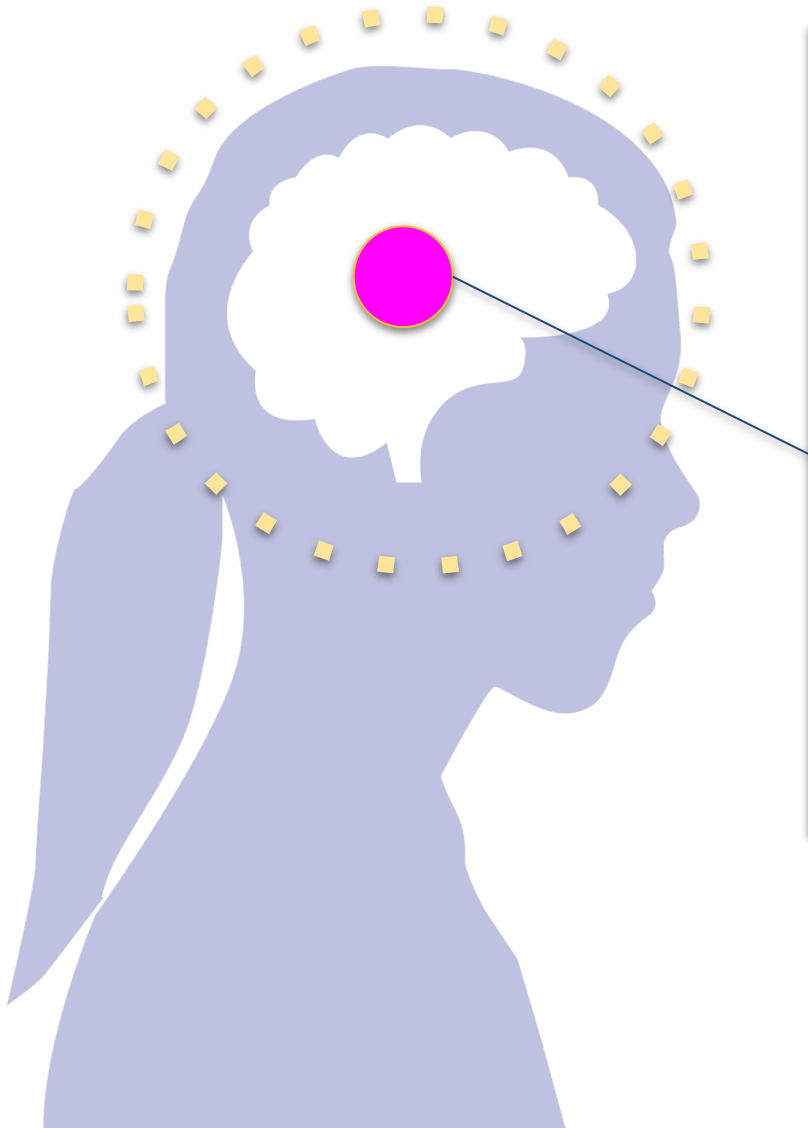


Regulates your appetite hormones  
(you crave more sugar when you're tired)

Regulates your reproductive hormones

and MORE!

# Sleep is for every part of **your** body



To Do:

-Go to sleep!

Get at least 8 hours of  
sleep a night.

# Health checklist challenge!

*teen*FEMM

## Health Checklist

teenFEMM Grade 6 | Lesson 6

[illegible]



# Review

- Hormones are directed by our brain.
- Our brain is affected by the foods we eat, the exercise we do, and the sleep we get.
- We can help our hormones be at their best by practicing the 3 Pillars of Health!
- Nutrition, exercise, and sleep are key to giving us a good foundation for our health!

*teen*FEMM

Grade 6

LESSON 6