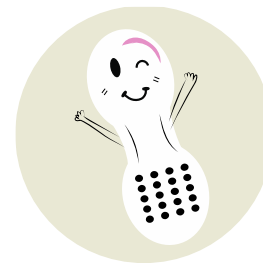


What is a Cycle?



Workshop Duration: 30 minutes

Age Group: Level 1

Workshop Overview

What will my students learn?

This workshop is a fundamental lesson on what a menstrual cycle is and why periods happen. It will cover the basic differences between male and female biology, and explain how menstruation is related to pregnancy.

Hands-on Learning Component

Acting-out Ovulation: Roleplay

Supplies Needed

-  Provided handout
-  Paper cutouts
-  Narration guide

Learning Objectives

-  Understand what a menstrual cycle is
-  Be able to explain why periods happen
-  Differentiate between basic male and female biology
-  Define how menstruation is related to pregnancy

Agenda

Introduction (5 minutes)

Activity (20 minutes)

Closing (5 minutes)

Activity: Ovulation: The Play

Preparation and Supplies

-  Print paper cutouts (uterus + ovaries, egg, uterine lining, sperm, baby)
 - If workshop is being run through period prepared programming, use the large cutouts provided

- ☁ Review and print the narration guide
 - This is used for both period prepared programming and for at-home workshops
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Demonstration Instructions: Period Prepared Programming

Act 1: Ovulation

- ☁ Ask for 3 student volunteers to assist in this role playing activity
- ☁ Request that 1 student hold the paper uterus, and that the other 2 students hold the paper ovaries at either side of the uterus
- ☁ Begin narrating using the narration guide
- ☁ The instructor should be holding the egg at the start of the play (read narration guide line #1 aloud)
- ☁ Instructor will move the paper egg from the starting point (the ovary) and move it down the fallopian tube (read narration guide line #2 aloud)
- ☁ Instructor will move the paper egg to the body of the uterus and then place it at the wall of the uterus (read narration guide line #3 aloud)
- ☁ Ask for a 4th student volunteer to hold the uterine lining cutout atop the uterine wall (read narration guide line #4 aloud)
- ☁ Ask for the 4th student volunteer to drop the uterine lining and to take the egg cutout from you, the instructor (read narration guide line #5 aloud)
- ☁ Conclude act 1 and begin act 2

Act 2: Sperm Contact (No Ovulation)

- ☁ Ask for 3 student volunteers to assist in this role playing activity
 - ☁ Request that 1 student hold the paper uterus, and that the other 2 students hold the paper ovaries at either side of the uterus
 - ☁ Begin narrating using the narration guide
 - ☁ The instructor should be holding the egg at the start of the play (read narration guide line #1 aloud)
 - ☁ Instructor will move the paper egg from the starting point (the ovary) and move it down the fallopian tube (read narration guide line #2 aloud)
 - ☁ Ask for a 4th student volunteer to move the sperm along the uterus, through the fallopian tube, and make contact with your paper egg (read narration guide line #6 aloud)
 - ☁ Instructor and student will move the paper egg and paper sperm together to the body of the uterus and then place it at the wall of the uterus (read narration guide line #7 aloud)
 - ☁ Ask for a 5th student volunteer to hold the uterine lining cutout atop the uterine wall (read narration guide line #8 aloud)
 - ☁ Instructor should take paper sperm from the 4th student volunteer and switch the paper egg and paper sperm out for the baby cutout (read narration guide line #9 aloud)
 - ☁ Conclude act 2
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Demonstration Instructions: At-Home Workshop

Act 1: Ovulation

- Find a table or other flat surface to lay down the cutouts
- Ask for your student learners to place the paper ovaries at either side of the uterus
- Begin narrating using the narration guide
- The instructor should be holding the egg at the start of the play (read narration guide line #1 aloud)
- Instructor will move the paper egg from the starting point (the ovary) and move it down the fallopian tube (read narration guide line #2 aloud)
- Instructor will move the paper egg to the body of the uterus and then place it at the wall of the uterus (read narration guide line #3 aloud)
- Ask one of your learners to hold the uterine lining cutout atop the uterine wall (read narration guide line #4 aloud)
- Ask for one of your learners to drop the uterine lining and to take the egg cutout from you, the instructor (read narration guide line #5 aloud)
- Conclude act 1 and begin act 2

Act 2: Sperm Contact (No Ovulation)

- Find a table or other flat surface to lay down the cutouts
- Ask for your student learners to place the paper ovaries at either side of the uterus
- Begin narrating using the narration guide
- The instructor should be holding the egg at the start of the play (read narration guide line #1 aloud)
- Instructor will move the paper egg from the starting point (the ovary) and move it down the fallopian tube (read narration guide line #2 aloud)
- Ask for one of you learners to move the sperm along the uterus, through the fallopian tube, and make contact with your paper egg (read narration guide line #6 aloud)
- Instructor and student will move the paper egg and paper sperm together to the body of the uterus and then place it at the wall of the uterus (read narration guide line #7 aloud)
- Ask for one of your learners to hold the uterine lining cutout atop the uterine wall (read narration guide line #4 aloud)
- Instructor should take paper sperm from the learner and switch the paper egg and paper sperm out for the baby cutout (read narration guide line #8 aloud)
- Conclude act 2

Narration Guide

Line #1: Your ovaries have lots and lots of eggs! The ovaries are where they grow and mature. Think of them as the home for your eggs.

Line #2: When your body is ready, a single egg is launched from your ovary and is caught by the fallopian tube. It's like a fun game of catch!

Line #3: Your egg travels through this long tube, kind of like a hallway, and to the middle part of your uterus. In your uterus, the egg finds a new home in something called the “uterine wall” – this is just the side part of your uterus.

Line #4: Your uterus wants to nourish your egg, so it grows a cushion to support it. This cushion is made of blood and other things to help your egg.

Line #5: Without any sperm, your uterus stops making the cushion, and it the cushion slips out from the uterus and out your vagina. This is a period! Your body goes through this process over and over again – this is called a cycle!

Line #6 *ACT 2 ONLY: The sperm swims all the way up to the fallopian tube to meet its friend, the egg!

Line #7 *ACT 2 ONLY: The sperm and egg want to stick together, so they travel to the uterus as a couple. Then, they find a new home in something called the “uterine wall” – this is just the side part of your uterus.

Line #8 *ACT 2 ONLY: The sperm and egg come together to make a baby. The cushion stays where it is and does not slip out of the uterus. This is why you don’t have a period when you’re pregnant!

