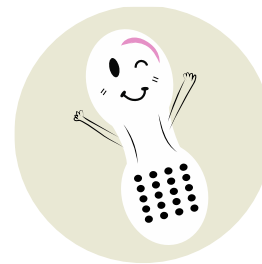


My First Period



Workshop Duration: 30 minutes
Age Group: Level 1

Workshop Overview

What will my students learn?

“Preparing for my First Cycle” explains the potential signs that your period may be coming and what to do for your first cycle.

Hands-on Learning Component

Students will assemble a period preparedness kit to carry with them.

Supplies Needed

- 👉 Zip-up pouches (with decorating materials)
- 👉 Pads and tampons
- 👉 Baby wipes
- 👉 Note(s)

Learning Objectives

- 👉 Students will be able to identify signs that their period may be coming.
- 👉 Understand what to do and who to talk to during your first cycle.
- 👉 Become prepared with a period kit.

Agenda

Introduction (2 minutes)

Presentation on signs of your first period and assembling a preparedness kit (10 minutes)

Activity (15 minutes)

Closing (3 minutes)

Activity: Assembling a Period Kit!

Preparation and Supplies

- 👉 Lay-out pouches, decorating supplies, period hygiene products, and baby wipes on a table



- ☁ Distribute notes, envelopes, and markers for writing notes
- ☁ Plug-in glue gun and keep it in a safe place (the glue gun is to only be used by the instructor and NOT by the students)

Demonstration Instructions

- ☁ Show an example of a pre-decorated and pre-filled period kit made by the instructor
- ☁ Leave the example kit in the front of the room to allow for students to reference it for ideas
- ☁ Tell students to first decorate their pouches using various markers and jewels
 - If they need something glued on, they can approach the instructor for help with the glue gun
- ☁ Instruct students to fill their pouches with pads, tampons, and a small packet of baby wipes
- ☁ Guide students in writing a note to themselves with advice and positive language to insert into the envelope and then into the pouch