

Cat pose



Be Well



60 minutes



Jump straight in

Butterfly pose



Child pose



GUIDES

Comfort for your discomfort

What you'll need:

- Yoga mats or towels (optional)
- A set of food pictures including:

- Whole grains	- Dark chocolate
- Oranges	- Processed foods
- Bananas	- Fried foods
- Watermelon	- Refined grains
- Salmon	- High-fat foods
- Broccoli	- Fizzy drinks

Note to leaders: For a number of reasons, not all girls will have periods, but these techniques are also great for helping with changing hormones and other types of physical pain. Please also be aware that for the heat bag activity (right), only 100% cotton socks should be used.

Aim of activity

Discover period-pain-busting super hacks to help you say goodbye to discomfort.

1 Call out words that you think describe the discomfort people may feel during their period. Remember that pain is different for everyone.

2 Exercise, like swimming, light cardio and yoga, are great at helping to reduce period discomfort. Look at the three yoga poses above, find a space and try each one. Hold each position for 30 seconds. Breathe in through your nose and out through your mouth.

3 Get into groups and lay out the set of food photos. Many people crave certain types of foods because of fluctuating hormone levels – but are those cravings balanced? A healthy, balanced diet includes everything in moderation, but there are some foods that can help to alleviate symptoms. Which do you think they are? The answers are on the side of the panel.

Take it further

Make your own heat bag for home. You can heat it up, wrap it in a towel and place it wherever you feel discomfort.

What you'll need:

- One 100% cotton sock per girl
- Four cups of uncooked rice per girl
- Essential oils (optional)

Instructions:

Fill three-quarters of a 100% cotton sock with uncooked rice. You can add ten drops of essential oils. Twist the top of the sock closed and shake the rice around, then tie it into a knot. To heat it up, place it in the microwave on high for one minute with a cup of water next to it to stop the rice scorching. If you'd like a cooling compress instead, you can freeze it.

➕ Read about period poverty and take the pledge at girlguiding.org.uk/periodpoverty