

Always Changing & Growing Up

Activity Sheet 4

Hidden Changes

A lot of changes that occur during puberty are hidden – they happen inside your body, or you can't see them because they have to do with how your body is developing or feeling. See if you can find the following words – they all have to do with hidden changes.

Active

Blues

Body

Cervix

Cramps

Craving

Cycle

Diet

Energy

Feelings

Happy

Glands

Hormone

Menstruation

Ovary

Period

Pimples

Pituitary

Sperm

Stress

Sweat

Testes

Uterus

Vagina

