## **Activity Sheet 4**

## Always Changing & Growing Up

## **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	
	D	0	1	R	Ε	P	Y	T	R	S	W	N	X	1	
	J	P	F	U	1	P	Ε	A	U	T	A	Ε	W	S	
	В	1	Н	S	P	M	A	R	C	R	S	Н	Q	L	
	0	M	Q	A	T	0	E	0	K	S	P	E	R	M	
	D	P	Н	Н	S	T	F	E	E	L	1	N	G	S	
	Y	L	0	C	U	Q	R	R	В	P	S	V	A	G	
	C	E	R	V	1	X	T	C	L	E	L	C	Y	C	
	A	S	M	E	N	S	T	R	U	A	T	1	0	N	
	N	P	0	V	A	R	Y	A	Ε	Ε	Q	V	K	W	
	-1	U	N	D	P	Q	J	V	S	T	Ε	-1	D	K	
	G	P	Ε	P	1	T	U	1	T	A	R	Y	M	G	
	A	Y	G	R	Ε	N	Ε	N	A	C	T	1	V	Ε	
	V	M	S	D	N	A	L	G	S	E	T	S	E	T	

