

# 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**

