



Activity Sheet 4

ALWAYS CHANGING

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	Craving	Happy	Period	Sweat
Blues	Cycle	Glands	Pimples	Testes
Body	Diet	Hormone	Pituitary	Uterus
Cervix	Energy	Menstruation	Sperm	Vagina
Cramps	Feelings	Ovary	Stress	

D	O	I	R	E	P	Y	T	R	S	W	N	X	I
J	P	F	U	I	P	E	A	U	T	A	E	W	S
B	I	H	S	P	M	A	R	C	R	S	H	Q	L
O	M	Q	A	T	O	E	O	K	S	P	E	R	M
D	P	H	H	S	T	F	E	E	L	I	N	G	S
Y	L	O	C	U	Q	R	R	B	P	S	V	A	G
C	E	R	V	I	X	T	C	L	E	L	C	Y	C
A	S	M	E	N	S	T	R	U	A	T	I	O	N
N	P	O	V	A	R	Y	A	E	E	Q	V	K	W
I	U	N	D	P	Q	J	V	S	T	E	I	D	K
G	P	E	P	I	T	U	I	T	A	R	Y	M	G
A	Y	G	R	E	N	E	N	A	C	T	I	V	E
V	M	S	D	N	A	L	G	S	E	T	S	E	T