

Growing Up: My Changing Journey Word Mat

Learning objective: To understand the physical and emotional changes that happen during puberty and the transition into early adolescence.

Key Vocabulary

This word mat is divided into three categories to help you understand your journey of growing up. Read through the definitions to build your vocabulary.

Explain why 'hyg...	What are 'hormo...	How does 'resilie...
Define 'independ...	Why might a per...	