

Growing Up: My Puberty Word Mat

Learning objective: To understand the physical and emotional changes that occur during puberty and identify key vocabulary related to human development.

Key Vocabulary

Use this vocabulary mat to help you understand the changes that happen as we grow from children into adults. The terms are grouped by physical changes, emotional growth, and hygiene.

Puberty The natural process where a child's...	Adolescence The period of time in a person...	Hormones Chemical messengers in the bod...
Growth Spurt A sudden, rapid increase in a...	Hygiene Keeping the body clean to stay heal...	Deodorant A product used to help manage ...
Independence The feeling of wanting to do ...	Mood Swings Rapid or intense changes in f...	Self-esteem How you feel about yourself an...
Body Image How you perceive your own bo...	Skin Care Establishing a routine of washing ...	Emotions The feelings we experience, which...
Respect Treating yourself and others with ki...	Responsibility Taking charge of your own p...	Development The overall process of maturi...
Explain why good...	Compare and con...	Justify why it is i...
What might happ...	How can positive...	In your own word...