

Growing Up: My Puberty Word Mat

Learning objective: To understand the physical and emotional changes that happen during puberty and learn the correct terminology for this stage of development.

Key Vocabulary

Study these terms to help you understand the changes that occur during puberty. They are grouped into physical changes, emotional changes, and hygiene.

Explain in your o...	Why is it importa...	Define 'Growth S...
What does the te...	Why is it importa...	