

Growing Up: My Puberty Word Mat

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

Key Vocabulary

Use this word mat to help you learn about growing up. Puberty is a natural process where your body changes as you move from childhood to adulthood. Read the categories and definitions below. Max the monkey says: 'Everyone grows at their own pace, and that is perfectly okay!'

What are hormon...	Why is good hygi...	If you feel a 'moo...
Who is a trusted ...		