







Date:

## Sannole

- Physical changes during puberty
- Healthy living habits and hygiene during pubetry

A. Write 'A' for changes in girls during puberty, 'B' for boys and 'C' for both.

1. Facial hair growth	2. Armpit hair and pubic hair growth
3. Breast development	4. Getting pimples
5. Menstruation	6. Rapid growth in height and weight
7. Maturation of genitals	8. Voice deepens as larynx grows

B. Mason got body odour and pimples due to unhealthy habits. Write down how he can improve under each picture.

1.



2.



3.



4.





During puberty, the sex gland of the body produces \_\_\_\_\_, which cause different physical changes in boys and girls.





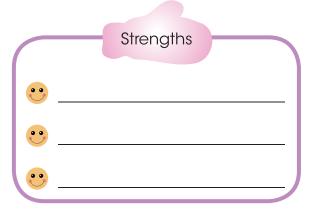


Date:

Sample

Steps achieving one's goals

A. Write down three strengths and three weaknesses of yourself.



Weaknesses

How can we achieve our goals? Fill in the blanks.

- Write down feasible \_\_\_\_ for achieving the goals.
- Be \_\_\_\_\_ when facing difficulties.

on them.

Be persistent and \_ regularly.

C. Write a plan for the new school year (e.g. a reading plan). List the basic details of the plan.

	My plan	
Objective :		
, –	(What is this plan for?)	
Approach:		
-	(How to carry out this plan?)	
Estimated da	te of completion :	
	(When this plan will be completed?)	

Cool Facts about the Arctic The number of glaciers worldwide has been decreasing since the mid-1980s. All summer sea ice in the North Pole is predicted to disappear by 2040.