



Exercise 1

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



Date :

Sample

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

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

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.



Exercise 4

- Strengths and weaknesses of oneself
- Steps achieving one's goals

Date : _____

Sample

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

Strengths







Weaknesses







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

1. Write down feasible _____
for achieving the goals.

3. Be _____ when facing
difficulties.

2. _____ on them.

4. 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 date 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.