Complete the paragraph with the words in the box. There is one word that you don't need.

independence	***informed***	***shape and height***	
embarrassed	***delighted***	***self–aware***	***reasoning skills***

Adolescence is the period between childhood and young adulthood. Your body will change in (1) _____. Your brain will grow and you'll have improved self-control and (2) _____ . Physical changes are different for everyone, so you don't need to feel (3) _____ or frustrated! You'll experience emotional changes as well. You'll feel you want more (4) _____ and responsibility. You may become more (5) _____ and care about other people's opinions, especially those of your friends. But remember you'll need adult support and guidance to make (6) _____ decisions and overcome stress.

LIVEWORKSHEETS