

overslept

sleepy and tired

sleep later

1. What happens to my sleep pattern?



I might _____ in the night
cause i'm not sleepy

2. Sometimes I might sleep for too long in the day



This is called _____.

3. What happens when you have less sleep in the night?



I might feel _____.

rest or sleep

shorter period

good or calm

4. What happens to my sleep pattern?



I might sleep for a _____
of time in the night

5. Your sleeping pattern can?



Affect whether you feel _____ during
the day



6. What happens when you have less sleep in the night?



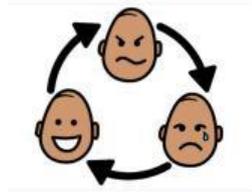
You can tell your teachers or parents if need to

Name: _____

Read the questions below and write the correct alphabet in the box.

1. Both boys and girls would have **mood swings** during puberty?

- A) Yes
- B) No



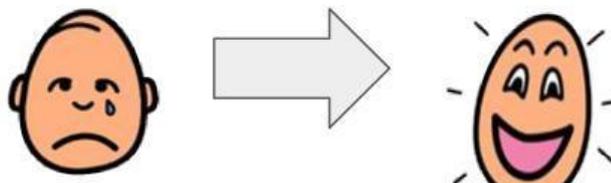
2. During mood swings, I have ?



- A) No mood
- B) Different feelings
- C) feel sad only

3. I feel sad in the morning and later feel happy during lunch time, is this mood swings?

- A) Yes
- B) No

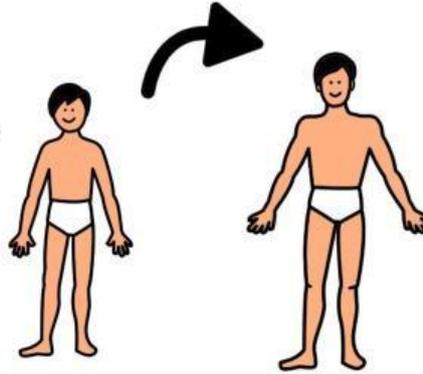


Name: _____

Read the questions below and write the correct alphabet in the box.

1. Who can experience puberty?

- A) Child and teenager
- B) Adult and elderly
- C) Baby and toddler



2. Boys and girls would have pubic hair growing?

- A) Yes
- B) No



3. What is puberty?



- A) A time when your body changes and you grow up
- B) A sport
- C) A food