

**1078 UCIWAI SANGAM SCHOOL****WORKSHEET FOR YEAR 4- HEALTHY LIVING****TYPES OF CHANGES IN BOYS AND GIRLS****1. PHYSICAL CHANGES**

<b>GIRLS</b>	<b>BOYS</b>
<ul style="list-style-type: none"> <li>➤ Hips widens</li> <li>➤ There is weight gain, particularly on the hips.</li> <li>➤ Muscles get bigger and stronger, but they do not show up as much as the boys' muscles.</li> <li>➤ Breasts start to develop.</li> <li>➤ Menstruation or period starts.</li> </ul>	<ul style="list-style-type: none"> <li>➤ Boys gain weight</li> <li>➤ Shoulders get wider.</li> <li>➤ Muscles start to get bigger and stronger.</li> <li>➤ Voice becomes deeper.</li> <li>➤ Breasts look like they are developing a little bit.</li> </ul>

**2. SOCIAL CHANGES**

- Busy working out who they are and where they fit in the world.
- Seek more freedom, more worth or trust.
- Looking for new experiences.
- Thinking more about right and wrong.
- Swayed easily by friends.

**3. EMOTIONAL CHANGES**

- Show strong feelings and emotions at different times.
- Is more sensitive to other peoples' emotions.
- Take notice about physical appearance and changes.

**4. PSYCHOLOGICAL CHANGES**

- Anti-social behaviour
- Risk-taking behaviour.

List at least 2 examples of the following changes.

<b>social</b>	<b>emotional</b>	<b>psychological</b>

Give an example of a physical change that happens only in girls

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Give an example of a physical change that happens only in boys

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