

Always Changing & Growing Up

Physical Activity
Each Day, Every Day

Action Plan

What Am I Going To Do:

How Long Will It Take (For Scheduling Purposes):

Where Am I Going To Do It:

What Time Of The Day Am I Going To Do It:

Who Am I Going To Do It With:

Reflections:
I Chose This Activity(ies) Because:

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Personal Physical Activity Contract

Action Plan

Personal Activity Goal(s):

To Achieve This/These Goal(s), I Will:

Possible Barriers:

Ideas To Overcome Barriers:

I Want To Accomplish This/These Goal(s) By: _____

It Is My Intention To Achieve This/These Goal(s)

Signed

Witness

Date

Need ideas? Check out Canada’s Physical Activity Guide online at www.phac-aspc.gc.ca

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Personal Taking Charge Contract

Action Plan

Self-Image Goal(s):

1. _____
2. _____
3. _____
4. _____

I Want To Accomplish This/These Goal(s) By:

Date: _____
Date: _____
Date: _____
Date: _____

To Achieve This/These Goal(s), I Will: _____

Possible Barriers: _____

Ideas To Overcome Barriers: _____

It Is My Intention To Achieve This/These Goal(s)

Signed

Witness

Date

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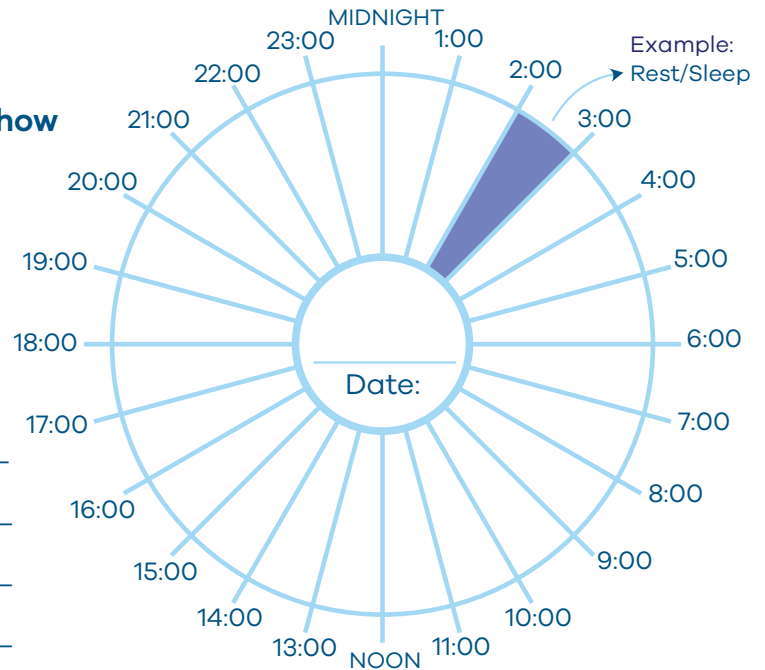
Taking Care of Yourself

Healthy habits can help you manage with the physical and emotional changes that accompany puberty. Your body is growing rapidly, and you may have increased needs for physical activity, sleep and nutrition.

On the 24-hour clock to the right, keep track of how you care for yourself based on an average day. Use a different colour to show:

- ☐ Rest/Sleep
- ☐ Physical Activity
- ☐ Meals/Snacks (specify)
- ☐ Other (specify)

Notes: _____



Personal Care Profile

I get _____ hours of sleep a night (on average).

I spend _____ hours a week being physically active (on average).

My favourite forms of activity are: _____

My favourite healthy foods are: _____

I can improve my health habits by: _____

- In small groups, research the nutritional, physical activity and rest needs of teenagers. Compare these findings with your own health habits. In what areas could you improve? Need ideas? Check out the Canadian 24-Hour Movement Guidelines and Canada's Food Guide.

- Prepare an information book called "Know Your Body." In it, you might include a diagram of the external and internal reproductive systems, an explanation of the menstrual cycle, and a glossary of terms associated with the body.

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Emotional Health Word Search

- | | | | | |
|-------------------------------------|--|--|--|--|
| <input type="checkbox"/> acceptance | <input type="checkbox"/> best friend | <input type="checkbox"/> goals | <input type="checkbox"/> physical activity | <input type="checkbox"/> self-esteem |
| <input type="checkbox"/> adolescent | <input type="checkbox"/> body image | <input type="checkbox"/> healthy | <input type="checkbox"/> positive attitude | <input type="checkbox"/> strategy |
| <input type="checkbox"/> awareness | <input type="checkbox"/> challenge | <input type="checkbox"/> honesty | <input type="checkbox"/> reflect | <input type="checkbox"/> support |
| <input type="checkbox"/> balance | <input type="checkbox"/> cyberbullying | <input type="checkbox"/> individuality | <input type="checkbox"/> relationship | <input type="checkbox"/> trust |
| <input type="checkbox"/> behaviour | <input type="checkbox"/> emotions | <input type="checkbox"/> participate | <input type="checkbox"/> responsibility | <input type="checkbox"/> understanding |

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	m	y	r	d	n	y	t	i	l	i	b	i	s	n	o	p	s	e	r	e	i	i	l	l	i	u
2	e	t	h	e	n	b	t	d	u	i	s	d	u	n	h	e	r	a	o	o	y	t	e	u	c	a
3	e	g	x	t	n	g	l	i	n	l	t	u	y	b	e	r	p	e	r	p	r	t	l	l	i	x
4	t	e	n	e	l	i	m	a	f	t	s	u	r	t	s	i	l	n	i	d	a	a	d	t	d	e
5	s	d	l	e	t	a	o	a	a	u	m	o	i	i	o	k	s	h	r	p	s	u	u	n	r	d
6	e	i	b	m	l	i	e	r	o	a	i	e	w	y	n	i	s	s	i	b	c	c	n	t	n	u
7	f	c	e	r	a	l	e	h	y	q	u	d	s	c	t	n	e	c	s	e	l	o	d	a	r	t
8	l	d	s	n	i	u	a	x	a	u	r	n	l	s	o	l	i	u	t	e	l	i	e	t	m	i
9	e	a	t	r	a	n	u	h	n	x	o	y	n	i	c	t	s	p	a	s	o	n	r	i	o	t
10	s	e	f	r	n	o	p	e	c	i	a	e	t	e	r	r	s	l	a	o	g	a	s	c	t	t
11	s	r	r	a	e	b	m	x	t	p	c	a	b	a	c	t	a	e	l	u	a	c	t	t	x	a
12	l	c	i	d	t	e	e	o	u	d	l	e	p	u	m	n	a	c	c	e	p	t	a	n	c	e
13	a	g	e	e	b	b	m	i	n	e	o	d	e	c	u	x	d	c	e	s	u	y	n	a	y	v
14	s	o	n	n	a	e	n	r	r	a	l	o	s	e	a	s	u	p	p	o	r	t	d	b	t	i
15	c	i	d	i	r	l	h	u	y	i	l	a	p	n	s	i	r	u	a	e	z	i	i	r	r	t
16	a	t	p	s	y	t	c	a	n	t	r	q	y	a	o	f	q	a	u	u	l	l	n	e	e	i
17	e	o	l	n	e	l	d	s	v	y	s	u	t	t	c	e	l	f	e	r	d	a	g	s	p	s
18	t	s	e	a	g	e	l	t	i	i	l	e	n	r	i	l	a	o	b	c	n	u	t	e	r	o
19	o	s	n	h	a	i	n	u	x	c	o	u	n	u	a	o	n	m	n	e	a	d	t	s	i	p
20	a	e	a	g	m	l	f	i	b	n	r	u	n	o	s	y	n	i	d	s	c	i	p	s	y	i
21	o	n	a	i	i	a	v	t	t	r	a	b	r	o	h	i	o	s	o	r	p	v	t	d	e	i
22	s	e	c	e	y	u	e	a	l	u	e	o	a	i	u	o	n	l	f	b	o	i	c	r	b	a
23	l	r	e	l	d	t	u	h	a	r	t	b	l	d	o	j	x	a	d	g	i	d	p	i	r	u
24	r	a	a	r	o	i	v	a	h	e	b	r	y	i	i	s	y	i	e	e	c	n	a	l	a	b
25	p	w	t	c	b	x	r	y	o	a	a	c	i	c	t	r	i	t	e	r	n	i	n	a	i	t
26	r	a	u	u	u	s	t	p	q	q	w	y	g	e	t	a	r	t	s	g	v	i	p	d	c	b
27	p	h	y	s	i	c	a	l	a	c	t	i	v	i	t	y	u	s	t	f	j	p	i	l	n	g

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Physical Activity and You

The trick with physical activity is to pick something you find enjoyable. There are many options to choose from whether you like to be active on your own, with another person, or as part of a team. It's important to discover what motivates you to be physically active. Remember, it's never too late to start getting active.

Plus, Physical Activity:

- Helps your muscles develop properly.
- Keeps your joints loose so they don't stiffen up and give you aches and pains.
- Makes you breathe more deeply, making your lungs work more efficiently.
- Strengthens your heart so that it pumps blood more efficiently
- Improves your reaction times and general coordination.
- Releases chemicals into your bloodstream, helping you relax and feel good.

Activities

1. On your own, make a list of all the physical activity you did in the last week.

a. Do you think you are physically active enough? Yes ☐ No ☐ Why?

b. Are there any changes you can make to your physical activity routine?

2. All doctors say that physical activity is important.

a. Why do you think some people don't participate in physical activity?

b. How would you encourage them to be more active?

3. Compare your answers with a classmate and discuss any differences. Write what you discussed below.

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Feeling Great

Everyone develops at their own pace, physically and emotionally. It's an exciting time, as you mature and become a more responsible person with your own likes and dislikes.

But it can be a confusing time too. While your friends are going through similar changes, your parents/guardian and family may struggle to understand how you're feeling.

The important thing to remember is that everyone's different. Everyone has their own thoughts, views and ambitions and, while it's important to listen to and try to understand the people around you, you should always make the choices that feel right for you.

No one expects to have a completely smooth transition from being a teenager to becoming an adult. It's a time of great change, when you can begin to develop a sense of who you are and what you want from life.

1. In the space provided, make a list of all the advantages of being an adult.

Advantages
of being an adult

2. In what ways is becoming an adult both exciting and worrying to you?

3. How can you make the most of the advantages?

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Feeling Great
Continued

4. Read the quotations below:

- “Now that I am getting older, I feel as if I can take responsibility for my own life and actions. But I end up arguing with my parents — they treat me like I’m still a kid. It’s making me very frustrated — why can’t they understand I’ve grown up?”
- “My parents keep telling me I’m moody. It’s true — sometimes I feel really down and irritable, but then I feel happy and excited. When’s it all going to calm down?”
- “I’ve got a great group of friends. I can talk to them when I can’t talk to my parents. But sometimes they do things that I don’t feel comfortable with. I’ve got my own views and I don’t want to do something just because my friends tell me to. But I don’t want to be lonely either. My parents say I’ll make new friends, but I’m shy and find it hard to meet new people.”
- “I’m confused about who I am. Sometimes I feel very lonely, and I don’t know where I’m going or what I want. Everyone says it’ll settle down, but I’m not so sure. I wish I could talk to my friends about it, but they all seem so busy.”

a. Pick one of the scenarios above. What advice would you give to this person?

b. Pick another scenario above. What advice would you give to this person?

c. What other problems might people your age worry about? What advice would work for them in their situation?

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To feel good now and to prepare you for a healthy adult life, it's a good idea to make sure that your eating habits are healthy and balanced.

Food For Life

Healthy eating means choosing a variety of foods to give you the energy and nutrition you need for all the activities you enjoy. A balanced, daily intake of a variety of food is important at every age, but it's particularly important when your body is growing and changing.

Your Eating Plan

Each type of food does a particular job in the body — that's why you need a good balance from a variety of foods to meet your nutritional needs.

Activities

- 1. List the foods that you eat over a five-day period (Monday to Friday), using the chart below.
- 2. Identify which of these foods provides you with: fat, carbohydrates, protein, vitamins, minerals and fibre. Ask your teacher for help if needed.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5

3. Observations about my daily eating:

4. Eating habits are important too! This includes taking time to eat, noticing when you are hungry and full, eating with others, and enjoying your food. What's an eating habit you could improve on and why?