



SUBJECT: BIOLOGY

CHAPTER: 5

CHAPTER NAME: ENDOCRINE SYSTEM AND ADOLESCENCE.

PERIOD-6

CHANGING YOUR TOMORROW

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Adolescence and the related psychological changes

- seeking more independence
- seeking more responsibility, both at home and at school
- looking for new experiences\
- Thinking more about “right” and “wrong
- influenced more by friends
- starting to develop and explore a sexual identity
- communicating in different ways
- more sensitive to your emotions
- more self-conscious

Personal hygiene .

- Proper and safe food
- Proper life style
- Cleanliness
- Physical exercise.

- <https://www.youtube.com/watch?v=zh7CACofsio>

How to manage stress

- Yoga
- Exercise
- Proper sleep schedule
- Reading
- Thinking positively
- Laughing
- Deep breathing
- Meditation
- Time management
- Hobbies

THANKING YOU
ODM EDUCATIONAL GROUP.

