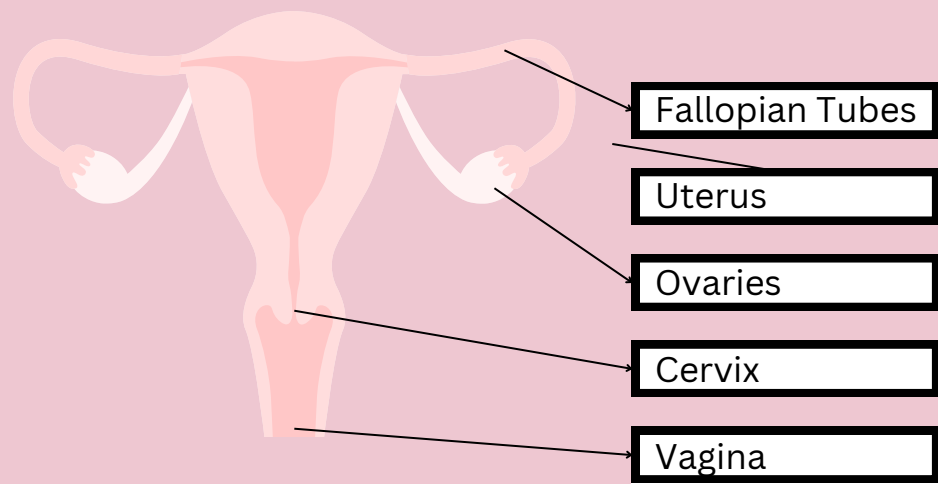


LABEL THE FEMALE REPRODUCTIVE ORGANS

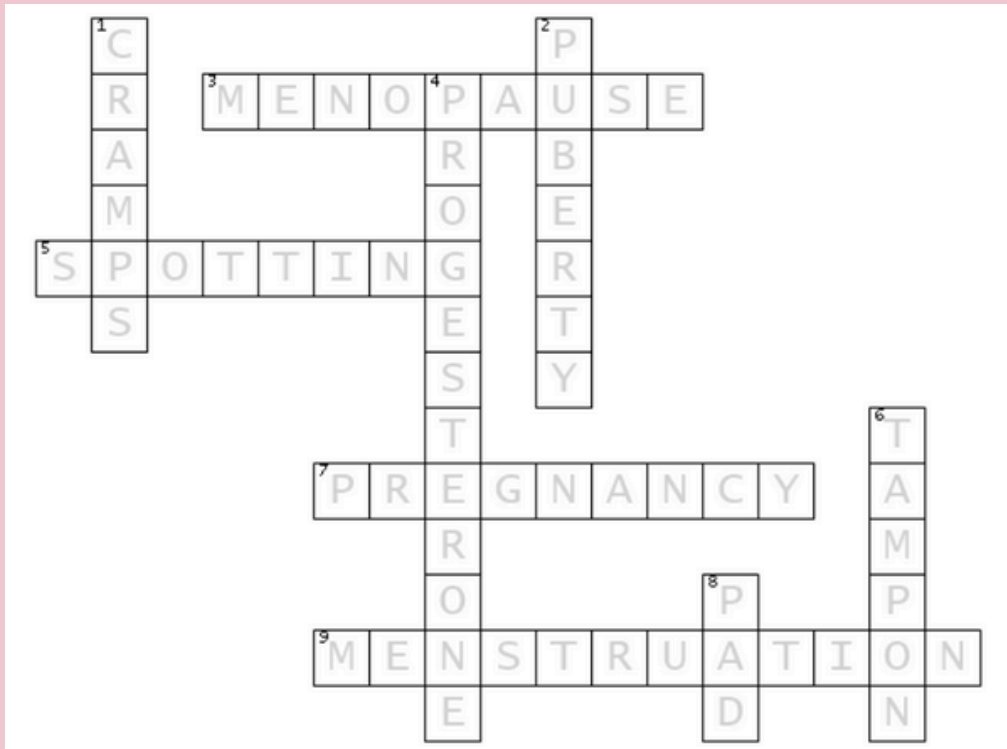


FIND ALL THE PERIOD RELATED PICTURES



ANSWERS

CROSS WORD PUZZLE



- F Washing your hands before and after changing to prevent the spread of bacteria and maintain good hygiene
- T You should change your pad or tampon every 4 to 8 hours.. Changing your pad or tampon every 4 to 8 hours helps prevent leaks and reduces the risk of infections
- F Leaving a tampon in for more than 8 hours increases the risk of toxic shock syndrome (TSS), a rare but serious bacterial infection.
- T Proper cleaning and sterilizing of reusable menstrual products after each use is essential to maintain hygiene and prevent infections.

WORD SEARCH ANSWERS

M	C	U	T	E	R	U	S	G	C	U	P
E	E	J	K	F	L	O	W	M	R	M	N
N	M	N	T	O	R	B	I	K	A	O	V
P	S	U	S	A	C	I	R	Y	M	V	A
R	A	B	D	T	A	K	P	D	P	A	G
U	H	D	O	L	R	E	L	N	S	N	I
T	A	M	P	O	N	U	A	I	N	X	N
K	S	U	B	W	A	Y	A	T	O	C	A
P	U	B	E	R	T	Y	A	L	P	O	N

THE CORA PROJECT



YOUR NAME: _____

THE CORA PROJECT WORKS TOWARDS A WORLD WHERE NO ONE IS HELD BACK BY THEIR PERIOD!

Discover the power of period awareness with our fun interactive learning pamphlet. Dive into a world of knowledge as we unravel the mysteries and myths surrounding menstruation. Explore the menstrual cycle, hormonal changes, self-care tips, birth control options and period products. With engaging activities and practical information, this pamphlet empowers you to embrace your menstrual journey with confidence and understanding. Get ready to unlock the secrets of your body and embark on a path towards period positivity!

ARE THE FOLLOWING STATEMENTS TRUE OR FALSE

You do not need to wash your hands before and after changing your menstrual product.

TRUE
FALSE

You should change your pad or tampon every 4 to 8 hours.

TRUE
FALSE

It is okay to leave a tampon in overnight for more than 8 hours.

TRUE
FALSE

Reusable menstrual products, like menstrual cups and cloth pads, should be washed and sterilized after each use.

TRUE
FALSE



Bow

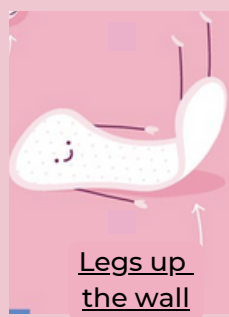


Recline Goddess

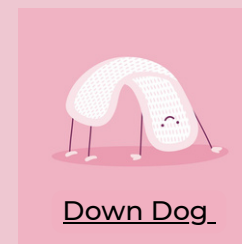


Child's pose

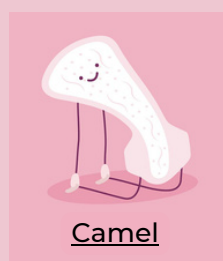
yoga stretches for period pain



Legs up the wall



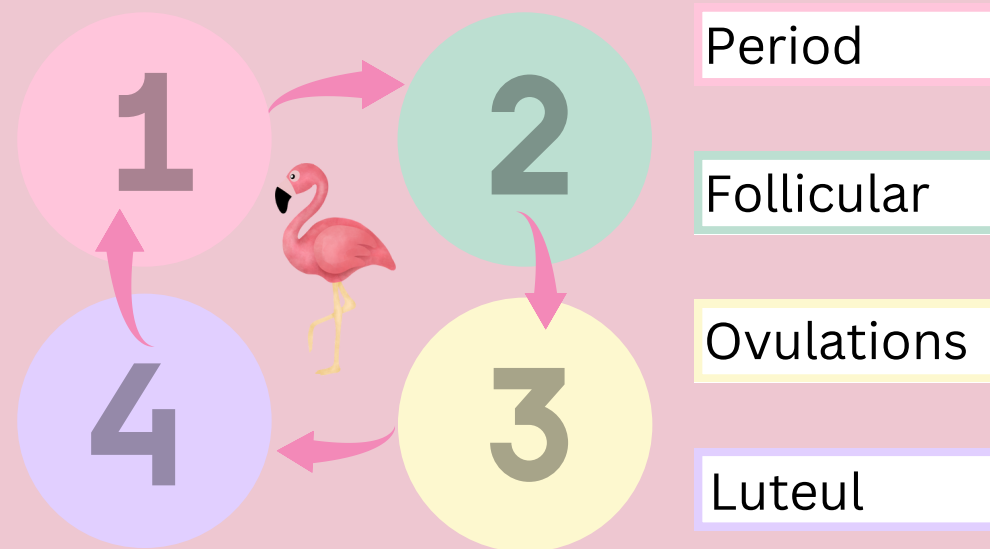
Down Dog



Camel



THE MENSTRUAL CYCLE



Period

Follicular

Ovulations

Luteal

WORD SEARCH

Find the words listed below and mark them with correct colours.

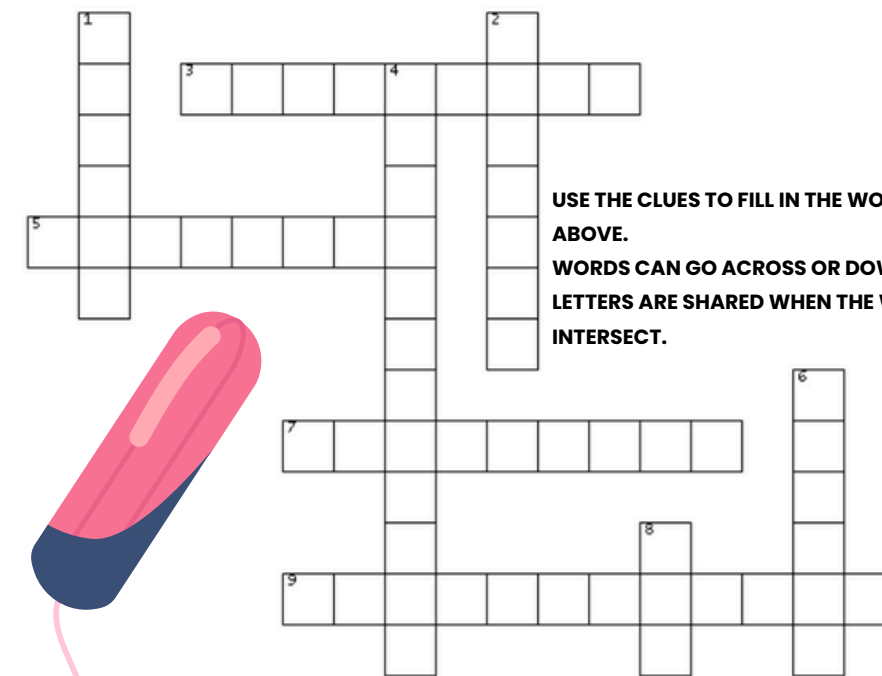
M	C	U	T	E	R	U	S	G	C	U	P
E	E	J	K	F	L	O	W	M	R	M	N
N	M	N	T	O	R	B	I	K	A	O	V
P	S	U	S	A	C	I	R	Y	M	V	A
R	A	B	D	T	A	K	P	D	P	A	G
U	H	D	O	L	R	E	L	N	S	N	I
T	A	M	P	O	N	U	A	I	N	X	N
K	S	U	B	W	A	Y	A	T	O	C	A
P	U	B	E	R	T	Y	A	L	P	O	N

- MENSTRUAL
- UTERUS
- CRAMPS
- FLOW



- TAMPON
- CUP
- PUBERTY
- VAGINA

CROSS WORD PUZZLE



USE THE CLUES TO FILL IN THE WORDS ABOVE.
WORDS CAN GO ACROSS OR DOWN.
LETTERS ARE SHARED WHEN THE WORDS INTERSECT.

ACROSS

- the period in a woman's life (typically between the ages of 45 and 50) when menstruation stops.
- is light bleeding
- fertilization of an egg by a sperm
- the process in a woman of discharging blood and other material from the lining of the uterus at intervals

DOWN

- painful involuntary contraction of a muscle or muscles
- the period during which adolescents reach sexual maturity and become capable of reproduction
- a steroid hormone released by the corpus luteum that stimulates the uterus to prepare for pregnancy.
- a plug of soft material inserted into the vagina to absorb menstrual blood.
- absorbs menstrual blood

Did you know...

Did you know before you're born, you already have all the eggs you'll ever have for having babies? By age 30, about 80% of them are used or lost through the menstrual cycle

Did you know that immediately after giving birth, you will experience a discharge called lochia, which lasts for several weeks and is similar to a heavy period?

Did you know that menopause is a natural biological process marking the end of menstrual cycles and fertility in women, typically occurring between the ages of 45 and 55? During menopause, hormone levels change, leading to symptoms such as irregular periods, hot flashes, and mood swings.

Did you know that signs of menopause include irregular periods, hot flashes, night sweats, mood changes, and even cognitive shifts like memory problems?