

The Growth Magazine

Let it grow let it grow let it grow

Healthy Snacks that you want to eat!!

Mr. no sweat!!

Why am I so tall?

Let's do word search!!

Survey report!!

About your SELF-ESTEEM



Friday 6th December 2013

Free copy

CONTENTS

MR. NO-SWEAT Q&A CLUB

PAGE 1

WHY AM I SO TALL??? (COMIC)

PAGE 2

FUN PUBERTY WORD PUZZLE!

PAGE 3



CHEF YUMA'S HEALTHY RECIPE!

PAGE 4

Summary

Page 6

How to BOOST
YOUR SELF
ESTEEM

page 5



Why am I so tall?



Doctor James ^{create general} Over-exaggeration of growth

The chemical messengers are telling your body to grow or not to grow.

Don't freak out if you are not growing sooner or later you will grow! Don't worry, relax

If you are growing a lot, it's normal! It happens to every body! Chillax!

Tbps
and
Fun Facts

Puberty Puzzle

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

Word List

ROLEMODEL
INDEPENDENCE
PEERPRESSURE
PUBERTY
SELFCONCIOUS
HORMONES
GROWTHSPURT
ADOLESCENCE
AWKWARDNESS
MOODSWINGS

Healthy Recipe

Pizzadilla



It was good because we added the pineapple, salsa and it was good because crunchy. -Sr. H

What do you need?

- Whole wheat tortilla {1 pack} (about 2,380won)
- Pineapple {1 pineapple} (about 6,500 won)
- Salsa {1 bottle} (about 5,880 won) [optional]
- Mozzarella cheese {1 bag} (about 4480 won)
- Tomatoes {1 Packet} (about 3500 won)
- Butter {1} (about 6550 won)

- A 10-12 inch skillet pan
- Thin spatula (metal)
- Knife

How to make:

1. Lay 2 tortilla on a flat surface. Put cheese, tomato and pineapple between two tortilla.
2. Place skillet over medium heat. Lightly coat pan with butter so it won't stick.
3. Gently slide 1 pizzadilla in to pan and cook until light golden brown on one side (1~2 min)
4. Gently flip over the pizzadilla with the spatula and cook for 1 minute or until the cheese is fully melted.
5. remove pizzadilla and cut in to triangles.
6. Optional Serve with salsa sauce for dipping
7. Optional Wrap and refrigerate for future use.

Different types of self-esteem

How to have a good self-esteem

A good self esteem can come from having confidence in your abilities or worth, and more than any thing... it comes from your family. Having gratitude for your parents and your siblings (that is if you have siblings) can help build self esteem. You also have to recognize that you are unique, very unique... come on and value yourself. Saying thank you always can improve your mood.



SUMMARY

LOREM HIGH SCHOOL / SPRING_SUMMER 2009 / VOLUME 01

Purpose:

How do rapid changes in your body affect your sense of self.

We are trying to find if people are being bullied, and if people minds are growing.

Summary:

- 1.Many people experienced changes.
- 2.many people was not made fun but some people did.
- 3.Many people age were 10.
- 4.Many people drink 6 cups a day.
- 5.Many people fill out survey from Hungary.
- 6.Many people sleep 9 hr a day at the least.

Bibliography

"This Kids Educational Game Requires a

More Recent Version of Flash." *ABCya!*

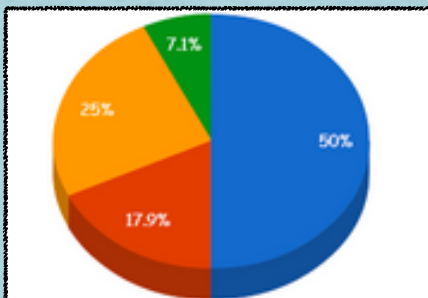
Make a Word Search Puzzle for Kids. N.p.,

Advice:

Look at the people beside you... young or old they have gone through it or are going to go through it when they are older!

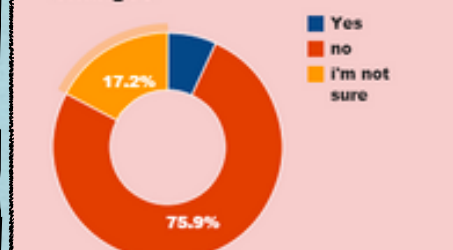


People experienced changes in their body



Yes, No, Maybe, I don't know

Made fun of because of changes



How long do you sleep in a day?

