



Project Exploration creates transformative learning opportunities for youth underrepresented in the sciences –particularly students of color and girls – by equipping them with the skills, practices, and mindset needed for a lifelong pursuit of learning. STEM@Home makes activities around science, technology, engineering, and math accessible and fun to do at home. This STEMbook activity, resources, and more are available at www.projectexploration.org/stemathome.

In this activity, you will:

explore the menstrual cycle and how it works



Supplies Required:

Planner
Pen

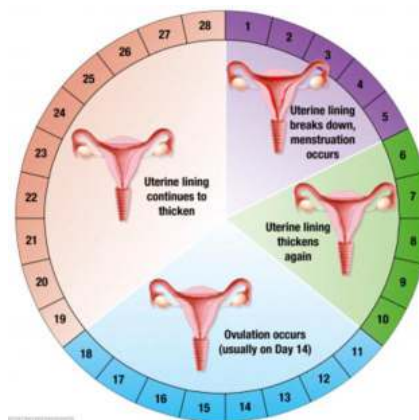
Video

How the menstrual cycle works: <https://tinyurl.com/z7cs7e5>

Overview

A monthly menstrual cycle is something most women go through starting at puberty. What makes it a cycle? Periods last between 2-7 days arising once within a 28 day rotation. That whole system occurs on repeat happening approximately 450 times during a woman's life. Behind the scenes are a series of hormonal controls that fine tune the body's internal workings to make menstruation start or stop during those 28 days, kicked off by the hormone-producing pituitary gland in the brain.

The symptoms that come with having a period can be embarrassing and frustrating. Many women experience things like mood swings, cramping, tiredness, headaches, bloating, and more. You know your body best and what makes you feel your best! However, remember that while every woman is unique, you are not alone in your experience of periods and the symptoms that surround them. Talk to trusted female peers and adults about your experience - they may have tips and tricks that help you cope and make the process of going through these changes easier. Of course, doing your own research and reflection can also help make the experience a bit easier.



Instructions

1. Watch the video and click the links provided under "additional resources" to explore the female reproductive system. Find additional resources, as needed, to complete the instructions below.
1. Draw an illustration of the process of the menstrual cycle
2. Create a calendar learning to calculate their menstrual cycle and symptoms. There are also great apps for tracking your period!
3. Journal about a period and your feelings surrounding it, good and bad! What is a period? What caused it? How long does it last and how often does it happen?
5. Click the third link under additional resources and review some of the ways you can do self care and feel better during your period. Journal some ideas about your favorite ways to show yourself some self care.
6. Journal about something that makes you proud of yourself! Why do you deserve self care?

Additional Resources

1. All about periods: <https://tinyurl.com/yc9bprcx>
2. Create your own period kit: <https://tinyurl.com/y562j37u>
3. How to feel better on your period: <https://tinyurl.com/y2pnkbz5>
4. Learn 8 ways to build a growth mindset: <https://tinyurl.com/y2uhwnkc>

Share It Out

You have so much to be proud of! You and your body are capable of amazing things! Take some time to reflect on what makes you amazing and what you are most proud of.

Share on social media: Share your favorite photo of yourself on social media with some of things that make you proud! What are your favorite ways to show yourself some self love? Share your thoughts and feelings on social media with the hashtags:

#SelfLove
#BeBold
#STEMatHome
#ProjectExploration

For more activities like this one, go to www.projectexploration.org/stemhome. If you're interested in learning more about Project Exploration and our free events, programs, and activities, please find us on social media and be sure to follow!



Call or text us for help: 312-772-6634

www.projectexploration.org