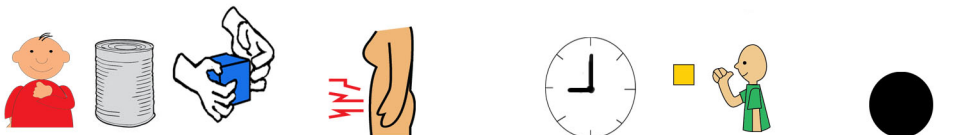


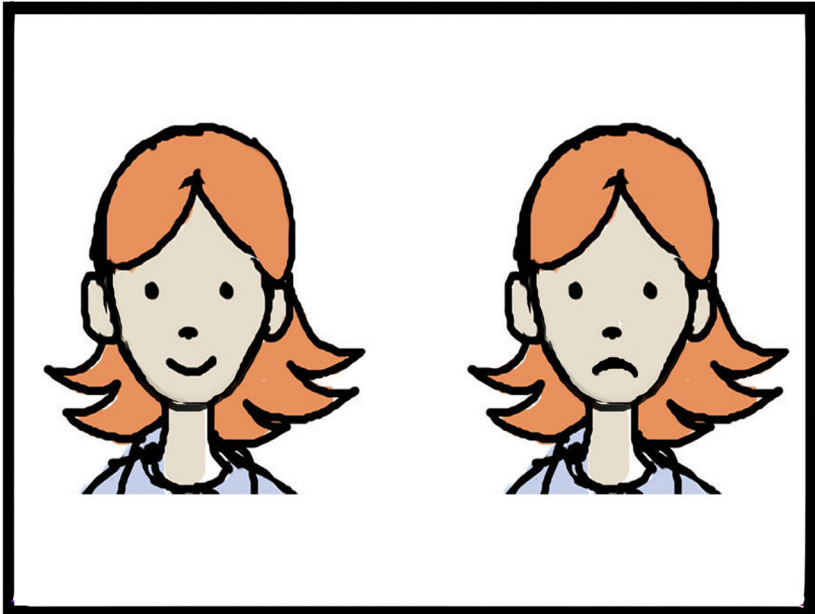
I Can Get Cramps During My Period

Able2LEARN



I Can Get Cramps During My Period

Sometimes I will feel good during my period. Sometimes I feel funny. This is okay. My period will last only for a few days.












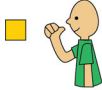



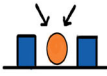








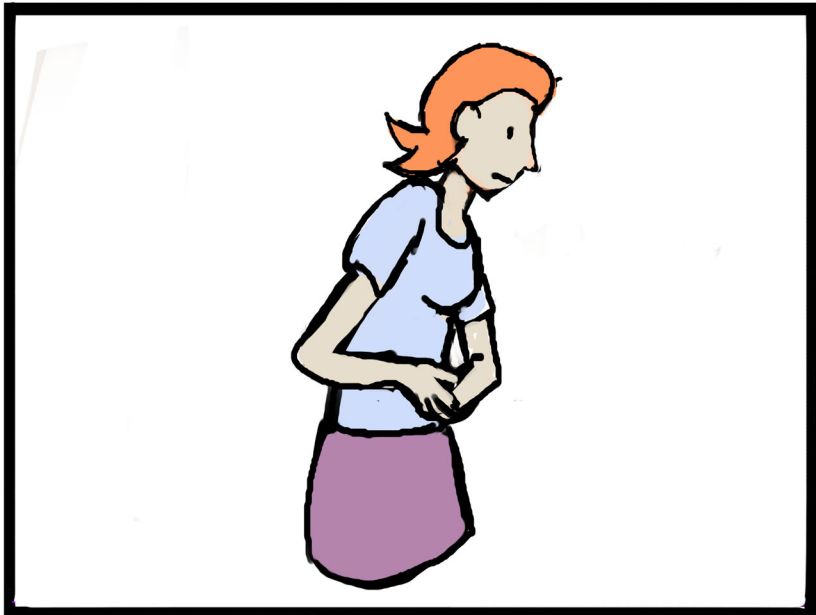


 Sometimes I will feel good during my period.








 Sometimes I feel funny. This is okay.










 My period will last only for a few days.

Sometimes I can get cramps. Cramps are a pain in my tummy. This can hurt.

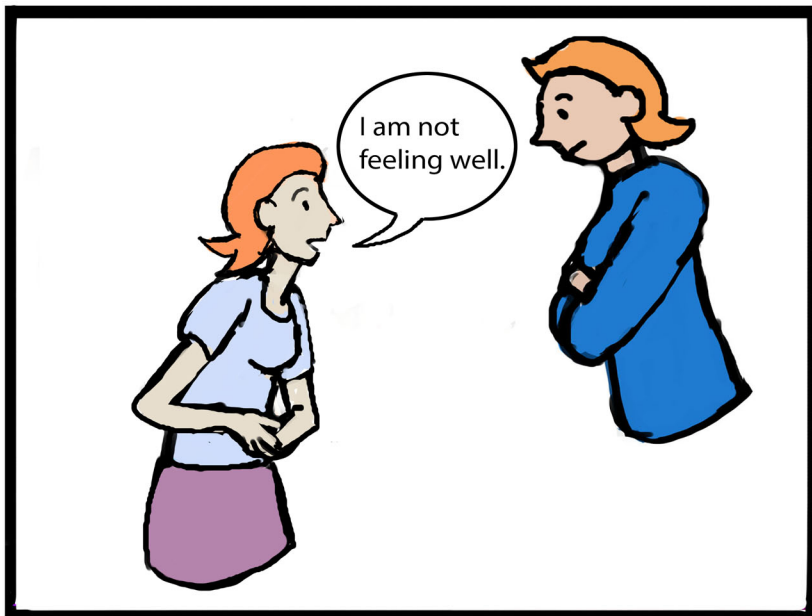


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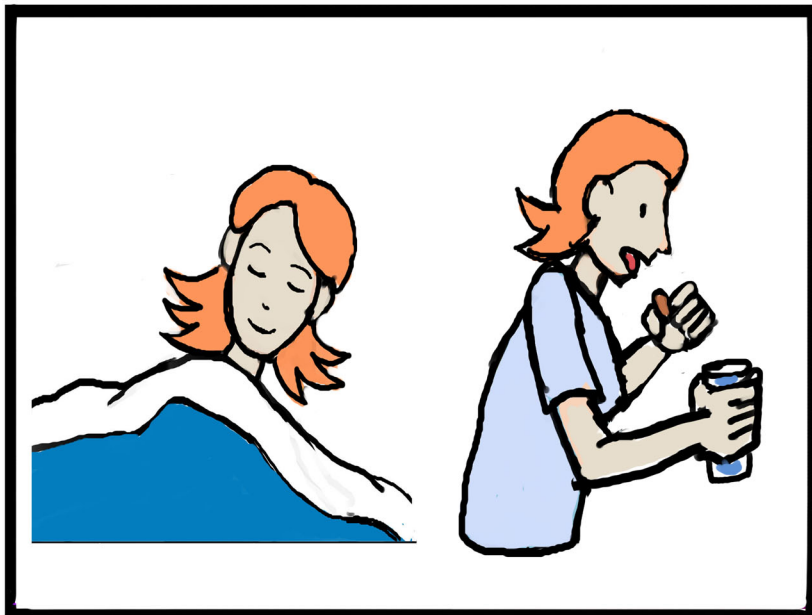
I need to tell my mom or teacher I am not feeling well.






I need to tell my mom or teacher I am

not feeling well.

My teacher and mom will help me. I can lie down for a rest. If my mom gives me medicine I can take it.



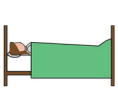












 My teacher and mom will help me. I can










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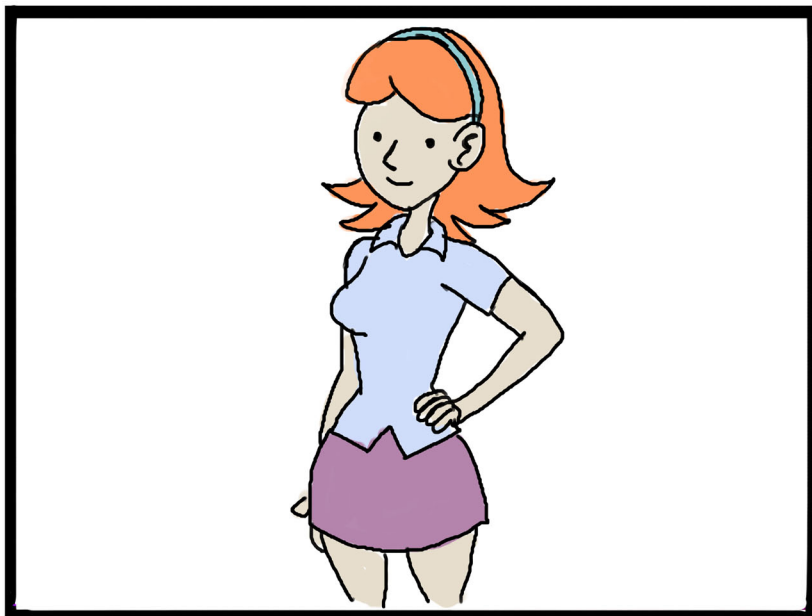






 medicine I can take it.

Soon I will feel better.



Soon



I



will



feel



better.

Everyone is happy when I ask for help when I need it.



Everyone



is



happy



when



I



ask



for



help



when



I



need



it.