

INVESTIGATING PADS ACTIVITY SHEET



In this activity you're going to put an Always Platinum pad and an Always tampon to the test.

Follow the instructions below and draw each stage of the investigation.



WHAT DO YOU NEED?

- 1 x Always Platinum pad
- Teaspoon
- Cup of water
- 1 x Always tampon
- Sharp scissors



Always Tampon Experiment

It is estimated you lose 4-12 teaspoons of blood across the whole menstrual cycle (not one day).

1. Measure out 4 teaspoons of water into the cup.
2. Take the tampon out of the smooth, plastic wrapping and place into the cup of water.

What do you notice? How would this absorb the blood lost during your period?

Always Platinum Pad Investigation

Draw what each section of your pad investigation looks like below.

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1. Remove the Always Platinum pad from its wrapper.
Draw an image of what the pad looks like.

2. Take off the paper coating and open the wings.
Draw the pad and identify where the sticky wings are.

3. Drop three teaspoons of water onto the center of the pad.
Draw or describe what happens to the water.

4. Cut the pad in half across the middle.
Draw what can you see inside.

Lesson Reflection: **3 things I have learnt from this investigation**

1. _____
2. _____
3. _____