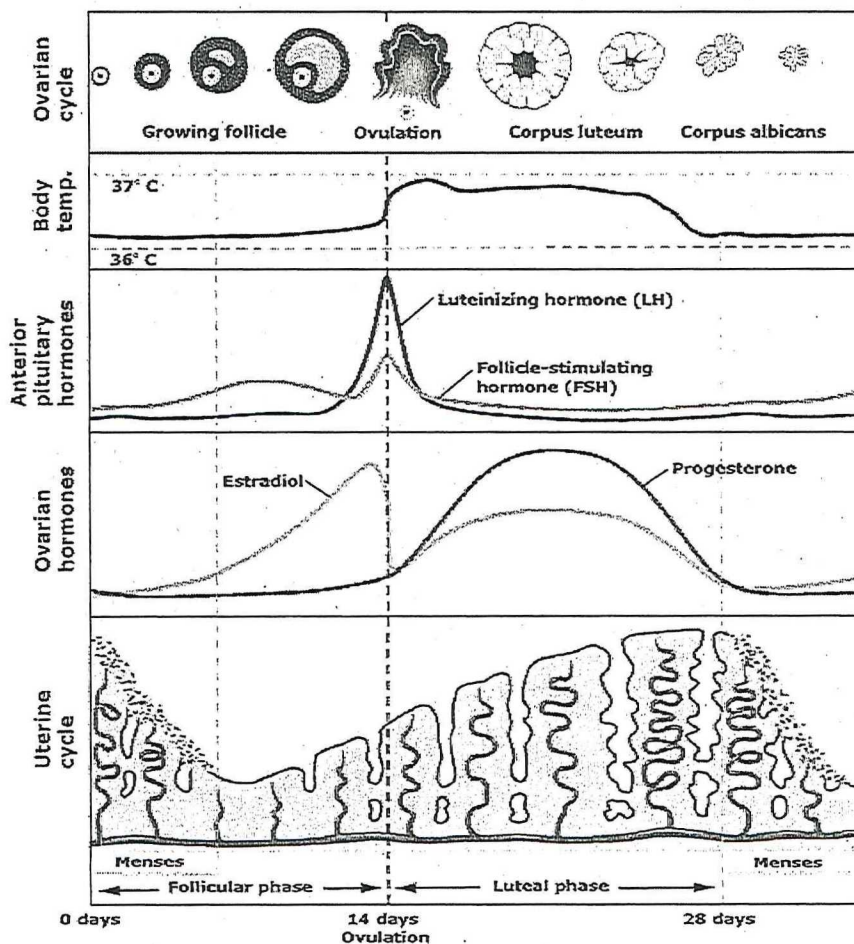
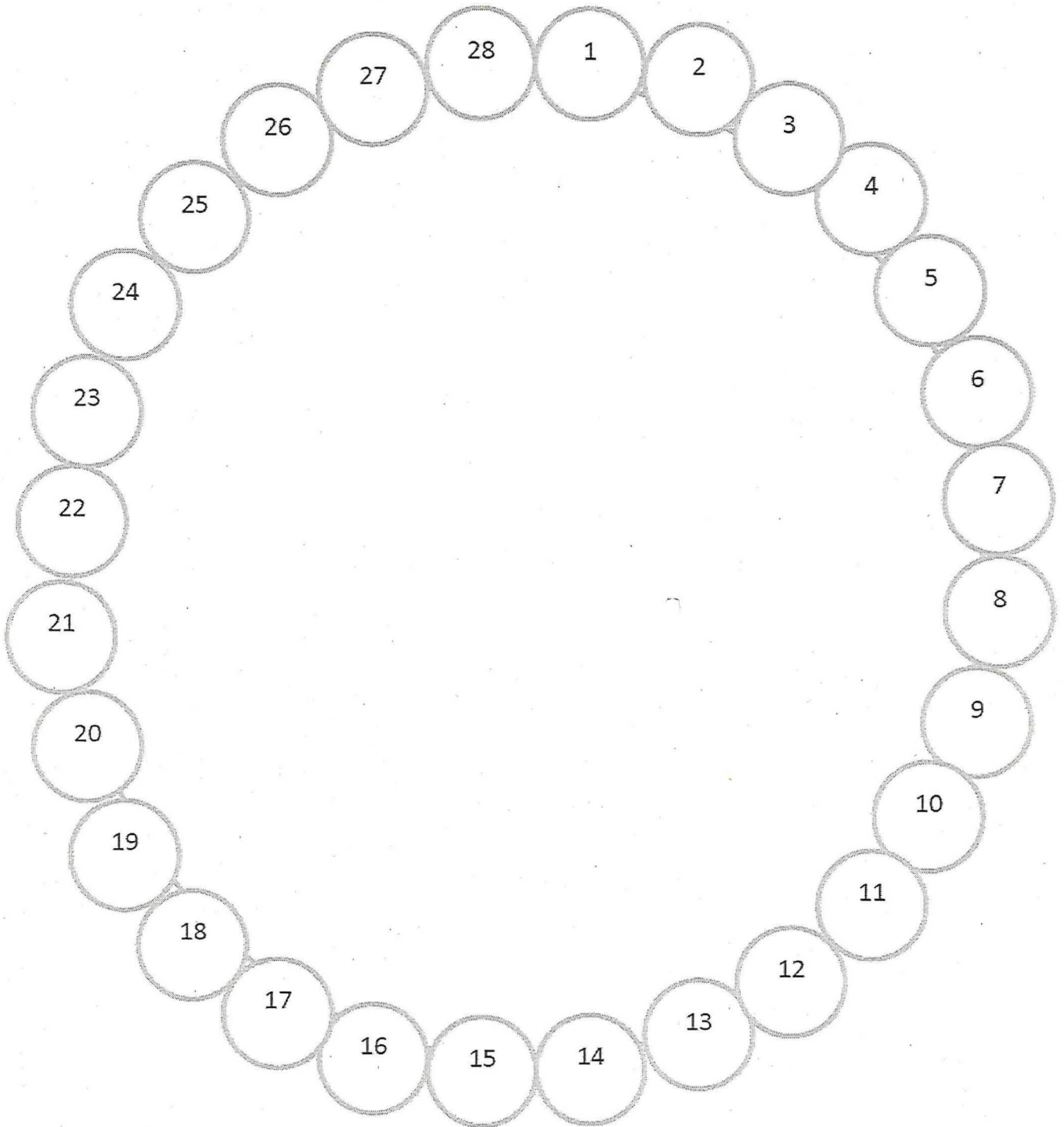


**The menstrual cycle** is sequence of events that prepares the female body for pregnancy. It has four phases.

1. **Menstruation:** During the menstrual phase, the lining of the uterus breaks down and is shed with some blood through the vagina. Menstrual bleeding usually lasts 5-7 days (red beads)
2. **Follicular phase:** This is the time between the end of menstruation and ovulation. During this phase estrogen levels rise and the uterus starts thickening its lining and preparing for pregnancy. This phase lasts 6-7 days (white or light beads)
3. **Ovulation:** When ovulation occurs the egg is released from the ovaries into the fallopian tubes. After the egg is released the uterine lining thickens even more in order to receive the egg. Ovulation occurs usually between the 12th and 14th day of the cycle (yellow beads)
4. **Luteal phase:** If the egg is not fertilized, and there is no pregnancy, the thickened lining of the uterus breaks down and is shed, and a cycle begins again. This usually lasts 12-14 days (dark beads)



1. Plan the menstrual cycle bracelet by coloring the beads in the drawing below:



Key Events to Indicate:

Hormone increases or decreases, anatomical changes, development of structures, and the duration of phases (use different colors).