



Making a Model of the Menstrual Cycle Hormones

Name: _____

Date: _____

Grade/Age: _____

EXPERIMENT GOAL: To create a simple model that shows how four hormones—FSH, LH, estrogen, and progesterone—change during the menstrual cycle.

MATERIALS

- 4 colors of clay or playdough (one color for each hormone)
- Paper plate or cardboard circle (to represent a 28-day cycle)
- Marker
- Small sticky notes or labels
- Reference chart (provided on next page)

- FSH (Follicle Stimulating Hormone)
- LH (Luteinizing Hormone)
- Estrogen
- Progesterone

PROCEDURE

- 1 Label your paper plate or cardboard circle like a clock with days 1 through 28 around the edge.
- 2 Using the reference chart, look at how each hormone changes throughout the cycle.
- 3 For each hormone, roll small pieces of clay/playdough in the assigned color.
- 4 Place your clay on the days around the circle to show the amount of each hormone.
 - Use more clay (taller or bigger pieces) for higher levels.
 - Use less clay (shorter or none) for lower levels.
- 5 Add small labels or sticky notes to identify each hormone (FSH, LH, estrogen, progesterone).
- 6 Observe your model. What patterns do you notice? Write your observations in the data table below.
- 7 Clean up your materials.



BACKGROUND

Your menstrual cycle is controlled by hormones. Four key hormones—FSH, LH, estrogen, and progesterone—rise and fall in patterns that help your body prepare for pregnancy each month. If pregnancy does not occur, hormone levels drop and a new cycle begins. In this experiment, you will build a hands-on model of these hormone changes over a 28-day cycle.

DATA & OBSERVATIONS

Hormone	When is it highest?	When is it lowest?	What does it do in the cycle?	Observations from my model
FSH				
LH				
Estrogen				
Progesterone				

REFLECTION QUESTIONS

1. Which hormone had a big spike in the middle of the cycle? _____
2. Which hormone stayed high in the second half of the cycle? _____
3. Why do you think hormone levels go up and down instead of staying the same? _____
4. How did this model help you understand your menstrual cycle better? _____



Science Connection

These hormones work together like a team. They help your body prepare for pregnancy each month.