

**Best Practices**  
from Denise Aikele

**A MEETING WITH YOUR ENDOCRINE SYSTEM!**

Assign each student to be an endocrine gland. You can create variations of this game. For example on cards list characteristics of a gland, but not its name.

Mingle with your classmates and find out information about glands in your endocrine system.

1. A gland that secretes over 9 different hormones. \_\_\_\_\_
2. A gland that regulates how much calcium the body uses. \_\_\_\_\_
3. A gland that is also known as the “master gland.” \_\_\_\_\_
4. A gland that secretes hormones that regulate our metabolism. \_\_\_\_\_
5. A gland that is shaped like a butterfly. \_\_\_\_\_
6. A gland that is the size of a cherry. \_\_\_\_\_
7. A gland that is largely responsible for secreting the growth hormone. \_\_\_\_\_
8. If this gland doesn’t function properly you can get a disorder called tetanus. \_\_\_\_\_
9. A gland that stimulates the hormone responsible for “fight or flight”. \_\_\_\_\_
10. A gland found at the base of the brain that is responsible for stimulating the male and female reproductive system to produce hormones that allow reproduction to occur.  
\_\_\_\_\_
11. A gland that produces insulin. \_\_\_\_\_
12. A gland that assists the kidneys in regulating how much water and salt is used by the body.  
\_\_\_\_\_
13. If this gland malfunctions it causes a disease called diabetes mellitus. \_\_\_\_\_
14. These two glands produce estrogen and progesterone which are responsible for female sex characteristics. \_\_\_\_\_
15. These two glands produce testosterone which is responsible for male sex characteristics.  
\_\_\_\_\_
16. The single name of the primary sexual glands in the male and female.  
\_\_\_\_\_

Which gland would be the “growth” gland? \_\_\_\_\_

Which glands would be the “reproductive” glands? \_\_\_\_\_,  
\_\_\_\_\_ and \_\_\_\_\_

Which glands would be the “metabolic” glands? \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_