

# Growing and Changing



twinkl

# Growing Up



Human beings are growing and changing all the time.

You are different now to how you were a year ago, and a year from now, you will be different again!

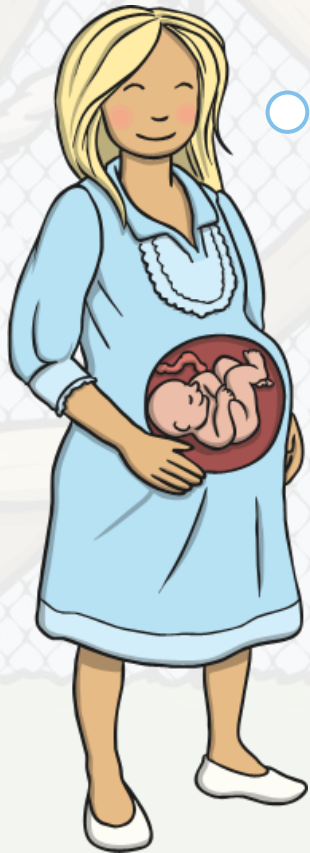


Can you think of a way that you have changed as you have got older?

# Growing Up



Life for humans starts when they grow inside their mother's womb.



What happens next?  
What are the stages of  
life that human beings  
go through?

# Life Stages

Life for humans, starts when they grow inside their mother's womb.



Baby



Toddler



Child



Teenager



Adult



Elderly



# Life Stages



## Babies

All babies are born completely helpless. They need a grown-up to take care of them all the time and give them everything they need.

What do grown-ups need to do to take care of a baby?

## Answer

- To feed the baby with milk.
- Keep the baby clean and healthy by changing its nappy and bathing it.
- Make sure the baby is warm and comfortable.
- Play with the baby.
- Give the baby lots of love.

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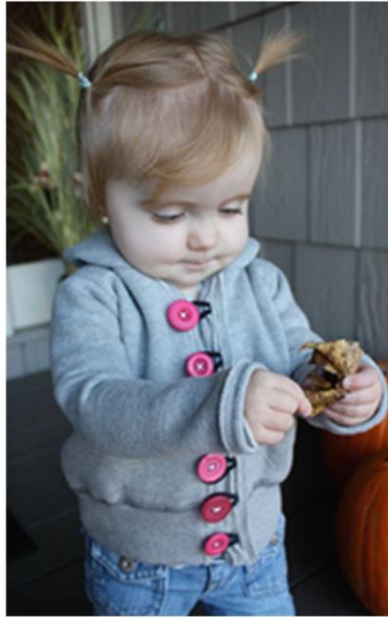
# Life Stages

## Toddler

Between the ages of 1 and 3, humans start to develop lots of new skills. Toddlers grow and develop muscles to help them move around. They learn to walk and talk. At first, they only know a few words and they will be wobbly on their feet.

Toddlers like to investigate everything, and are always playing and learning. They start to try to do things for themselves, like feeding and dressing themselves. They might not be very good at it at first! Toddlers need lots of looking after, because they haven't yet learnt to keep themselves safe.

How do grown-ups take care of toddlers?



## Answer

- Toddlers still need lots of love and attention.
- Grown-ups need to play with them, dress them and feed them.
- Toddlers need to be kept away from things that can hurt them, like stairs and fires.

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# Life Stages



## Answer

- Wobbly tooth.
- New shoes because feet have grown.
- Starting to go to play at your friends' houses with mum or dad being there.
- Going to bed later.

## Child

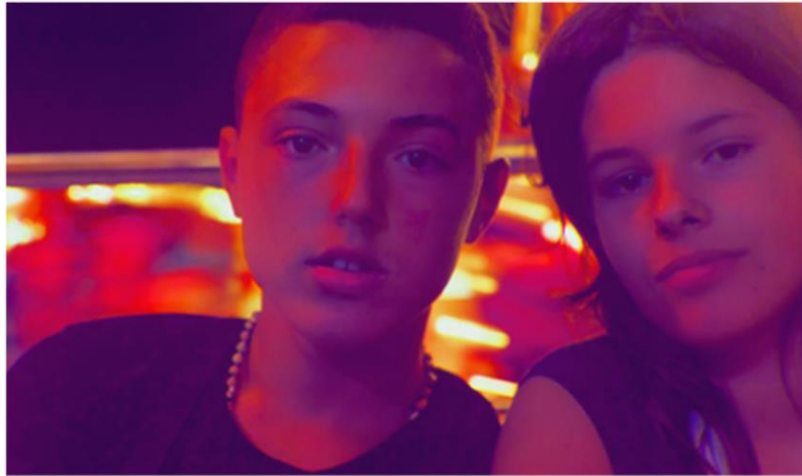
This is your stage of life! Children are aged 3-12.

During these years you learn lots of new skills - such as reading and writing, counting, kicking a ball, swimming and riding a bike.

Your parents no longer need to be with you all the time, but still need to make sure that you are safe and happy.

What changes are happening to you at the moment?

# Life Stages



## Answer

- Teenagers are taller and stronger than children.
- Teenagers want to try things on their own.
- Their bodies are changing and becoming more grown up.

## Teenager

Teenagers are aged between 13 and 19.

Teenagers are getting ready to become adults. They want to try things on their own.

Teenagers eat a lot because they grow and change a lot. They can get spots and their hair changes.

They can sometimes be a bit grumpy! This is because new hormones are growing and changing in their body.

How can you tell someone is a teenager?



# Life Stages



## Adult

Once you are fully grown, you are an adult.

Adults must exercise and make sure they eat healthily to keep their bodies working well. Adults can have babies of their own.

Who are the adults in your family?  
How are they different to you?

## Answer

- Adults are bigger and stronger than children.
- Adults are able to take care of themselves.
- They can make families of their own.

# Life Stages

## Elderly

As adults go through their lives, they get older.

You are classed as elderly after the age of 65, but many adults of this age don't yet feel old!

Elderly people begin to slow down as their body ages, because their joints and muscles can ache. Their eyes might not work so well and they often need glasses.

Older people have softer skin with wrinkles, and often have grey or white hair.

How are elderly people different from young adults?

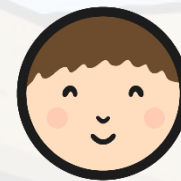


## Answer

- They might have softer skin or wrinkles.
- They might have grey or white hair.
- They might move more slowly, or need help with getting around.

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# Growing and Changing Mini Book



For each page in your mini book, draw a picture of a person at that life stage.

Read the labels and choose which one matches that life stage.

Stick it on the page of your mini book.

## Labels

- Learning lots of skills.
- Baby teeth falling out.
- Feet and body growing.
- Getting bigger, stronger and smarter.
- Likes to try things on their own.
- Eats a lot as they are growing very fast.
- Might be moody or have spots.
- New hormones to help them grow and change.
- Born helpless.
- Can only drink milk.
- Must be kept clean and warm.
- Likes to be cuddled and held.
- Not as strong as they were.
- Joints and muscles might ache.
- Grey or white hair.
- Soft skin and wrinkles.
- Fully grown.
- Can take care of themselves.
- Might start a family of their own.
- Need to exercise and eat well.
- Starting to walk and talk.
- Wobbly on their feet.
- Starting to try different food.
- Needs lots of love and care.

Baby

Glue the correct label here.