

# The Incredible Human Life Cycle with Nova the Owl

Soar through the stages of life and discover how we grow!

- **Infancy is the earliest stage of life, where humans grow rapidly and rely on their parents or carers for everything.**
- **During childhood, children learn to walk, talk, and develop complex social and physical skills through play and education.**
- **Adolescence is a time of major change as the body prepares for adulthood, often marked by the physical changes of puberty.**
- **Adulthood is the longest stage of the human life cycle, where people are fully grown and take on responsibilities like careers and raising families.**
- **In old age, the body begins to slow down naturally, and many people enjoy sharing their life experiences and wisdom with younger generations.**

*Did you know? Did you know? Humans are born with around 300 bones, but by the time you reach adulthood, you will have only 206! This is because as you grow, some of your smaller bones fuse together to form larger, stronger ones.*

**Key vocabulary:** Infancy · Childhood · Adolescence · Puberty · Adulthood · Old age · Development