

Nova's Guide to the Human Body

Join Nova the Owl on an amazing journey through the stages of human growth!

- **Infancy is the earliest stage of life where babies rely entirely on adults for their needs like feeding and protection.**
- **During childhood, humans learn to walk, talk, and develop important social and physical skills through play and school.**
- **Adolescence is a time of major change when the body begins to prepare for adulthood, often starting with a stage called puberty.**
- **Adulthood is the stage where the body has finished growing and humans take on independent responsibilities.**
- **As humans reach old age, the body continues to change and may become less physically active, requiring different types of care.**

Did you know? Did you know? Humans are born with around 300 bones, but as we grow into adults, some of these bones fuse together. By the time you are fully grown, you will have 206 bones in your skeleton!

Key vocabulary: Infancy · Childhood · Adolescence · Adulthood · Puberty · Development · Life cycle