

The Incredible Journey of Human Growth

Join Nova the Owl on an expedition through the stages of a lifetime!

- **Infancy (0–2 years):** This stage is defined by rapid physical growth and the development of essential motor skills, such as learning to crawl, walk, and communicate through sounds.
- **Childhood (3–12 years):** During this period, children continue to grow in height and strength while developing complex cognitive abilities and social skills at school and home.
- **Adolescence (13–19 years):** Triggered by puberty, the body undergoes significant hormonal and physical changes as it prepares for the transition into adulthood.
- **Adulthood (20–60+ years):** Humans reach their full physical maturity. Adults take on responsibilities, and their bodies maintain their form until the later stages of life.
- **Old Age (Senescence):** As humans enter their later years, the body undergoes a natural slowing process, though wisdom and experience continue to grow.

Did you know? Did you know? Humans are born with approximately 300 bones, but as we grow into adulthood, some of these fuse together. By the time you reach adulthood, your skeleton will consist of 206 bones!

Key vocabulary: Infancy · Childhood · Adolescence · Adulthood · Puberty · Gestation · Senescence · Development