

Nova's Guide to the Human Lifecycle

Embark on an epic journey through time with Nova the Owl – discover how your body changes from your first breath to your hundredth birthday!

- **Infancy is the earliest stage of human development, where babies rely entirely on caregivers for nutrition, mobility, and protection to support rapid physical growth.**
- **During childhood, humans develop essential motor skills, social understanding, and cognitive abilities as they transition from toddlers to pre-teens.**
- **Adolescence is a transformative period marked by puberty, where the body undergoes significant hormonal and physical changes to reach reproductive maturity.**
- **Adulthood is the longest stage of the human lifecycle, characterised by the cessation of physical growth and the attainment of full physical and emotional independence.**
- **Old age brings a natural decline in physical strength and agility, while often providing a lifetime of accumulated wisdom, experience, and knowledge.**

Did you know? Did you know? Even though you are growing taller every year, your brain actually completes most of its physical development before you are even a teenager! By the time you are five years old, your brain has already reached about 90% of its adult size.

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