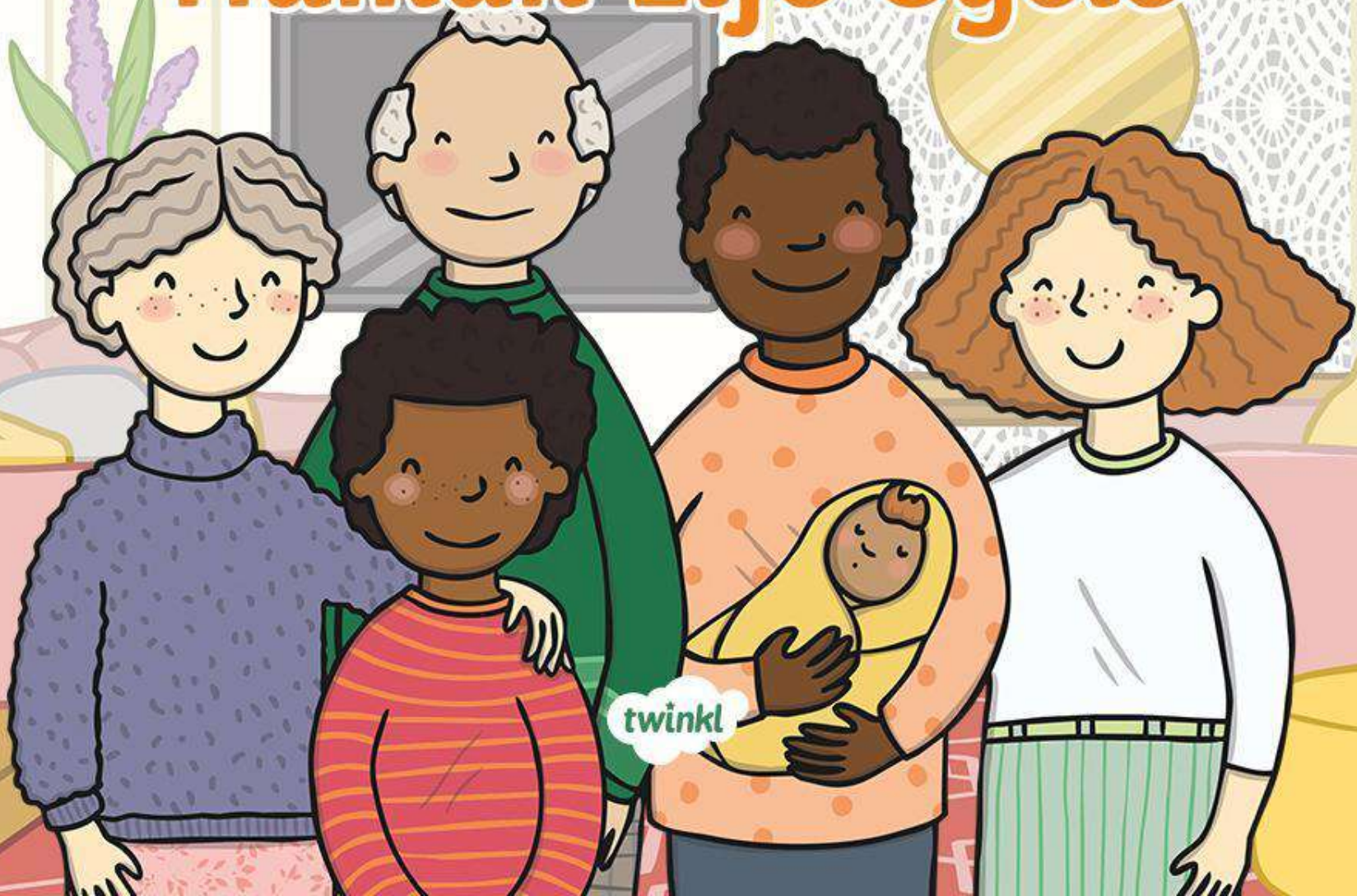


All About the Human Life Cycle



Cycles

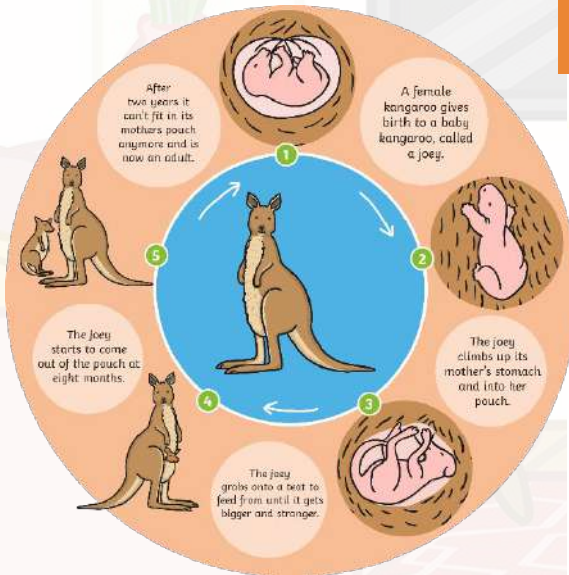
The word **cycle** makes us think about things that go round and round, like the wheels on your bike or scooter. Today we are going to be looking at **life cycles**.



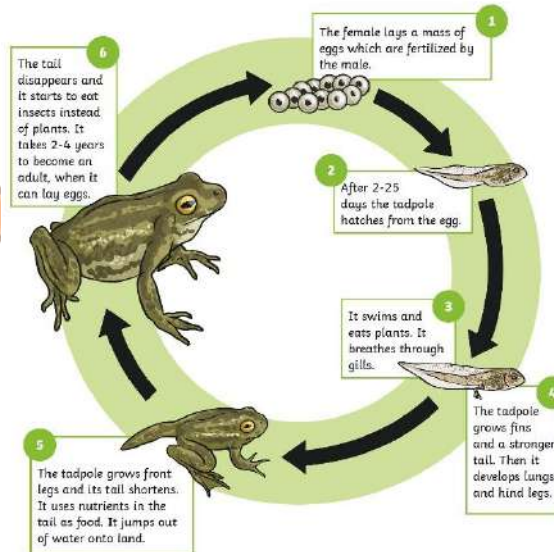
What Is a Life Cycle?

A life cycle describes the life of a living being from when it is born to when it grows up, including all the changes during this time. Look at these life cycles.

the life cycle of a kangaroo



the life cycle of a frog

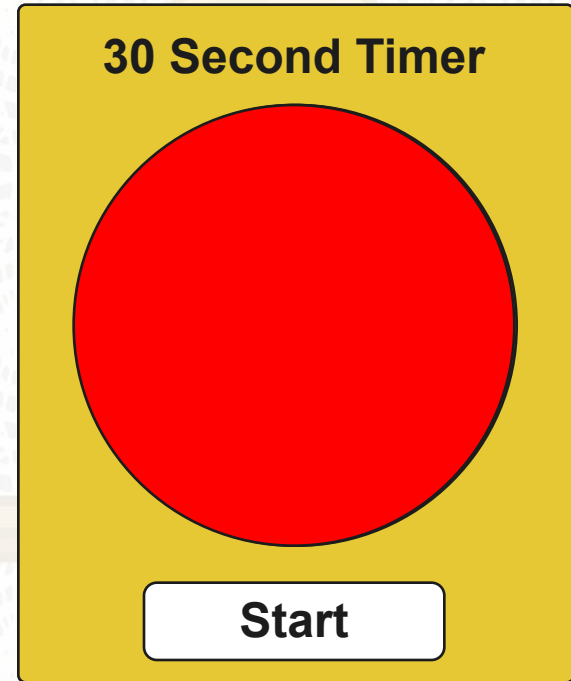


the life cycle of a butterfly



Different Stages of Being a Human

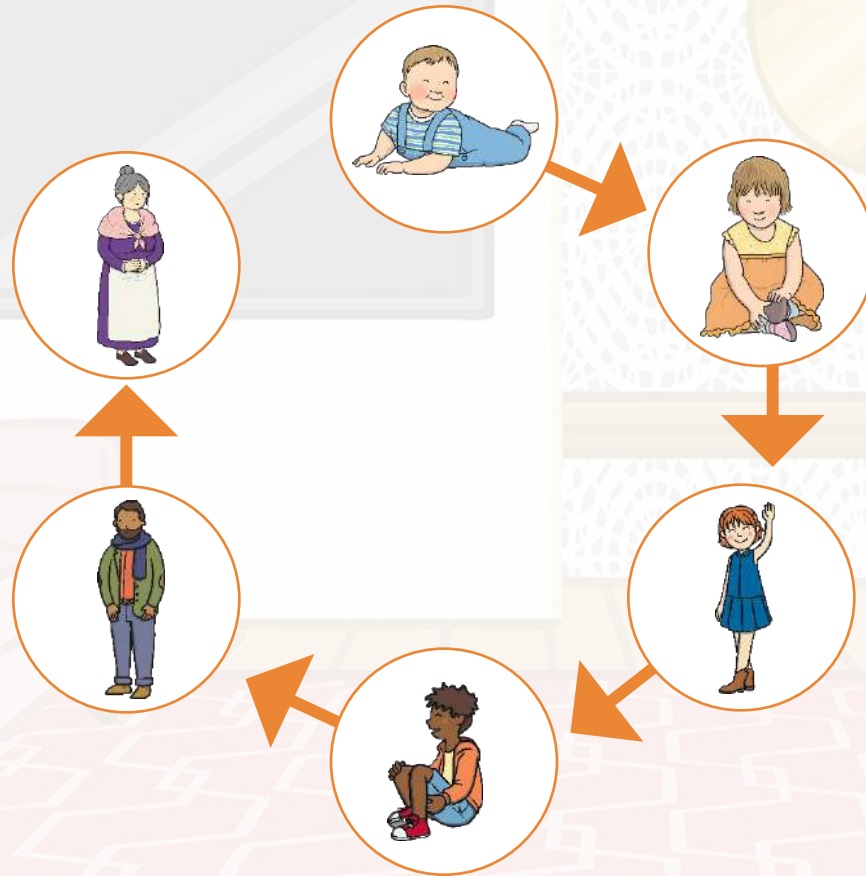
In 30 seconds, think of as many different stages of being a human as you can. Below is a picture to help you start.



Just like other animals, humans have a life cycle.

The Human Life Cycle

Click on a picture to find out more about the different stages of the human life cycle.



Baby



The human life cycle starts with the baby stage. When babies are born, they can't do anything for themselves.

Up until they are six months old, babies don't eat normal food, they only drink milk. It isn't like the milk you might put on your cereal, it has all the things a baby needs to grow properly.

Babies need lots of sleep. They don't usually sleep all the way through the night but they will often sleep during the day as well.

Babies can't talk – when something is wrong, they will let people know by crying.

Try It

Pretend you are holding a baby. Show how you would carry the baby to keep it safe.



Toddler



Just like the name suggests, the toddler stage is when a child is starting to toddle, which means wobbly walking. The toddler stages are from ages 1 to 3.

As well as learning to walk, toddlers go through lots of other changes...

- Their teeth start to grow.
- They start learning to talk.
- Toddlers start learning to eat lots of food and to feed themselves.

Toddlers still can't do many things for themselves and need lots of help from their grown-ups.

Try It

Stand up and pretend to be a toddler. Do some wobbly walking around the room. Try not to fall over!



Child



This is the stage you are at now. You are learning to be independent, which means there are more things you can do on your own.

Talk
About
It

What can you do on your own now that you used to need help with?

An important part of this stage is starting school. This stage is full of lots of changes and children learn to do lots of things, such as:

- reading
- writing
- counting
- riding a bike
- swimming



Teenager



The teenage stage is from ages 13 – 19. Teenagers are getting ready to be adults and are becoming independent.

Teenagers' bodies change a lot during this stage. They get taller and start to look more like adults. These changes are because of things called hormones. Hormones are things inside your body that make your body change.

Because they are growing so quickly, some teenagers eat a lot. Many teenagers like to sleep for a very long time. Some teenagers can be a bit grumpy at times!

Talk
About
It

Do you know any teenagers? What are they like?



Adult

Being an adult is also called being a grown-up. There are lots of things that grown-ups can do. A lot of adults get jobs and live on their own, with friends or with a partner. At some point, many adults have children of their own, which starts the human life cycle again.



Talk
About
It

What job would you like to do when you are an adult?



Old Age



Old age is the later stage of being an adult.

Older people retire, which means they stop working. This means they have plenty of time to enjoy themselves. They may find a new hobby or spend extra time with their grandchildren.

Some old people have grey or white hair. Sometimes old people might move more slowly because their joints and muscles ache. Older people's eyes might not work as well so they might need glasses for reading or seeing far away.

Talk
About
It

When you are older, what hobbies would you like to try?





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