



# Growing up

We change as we grow up. Changes are quickest when we are young, and become slower as we get older.

Babies have large heads compared to their bodies.

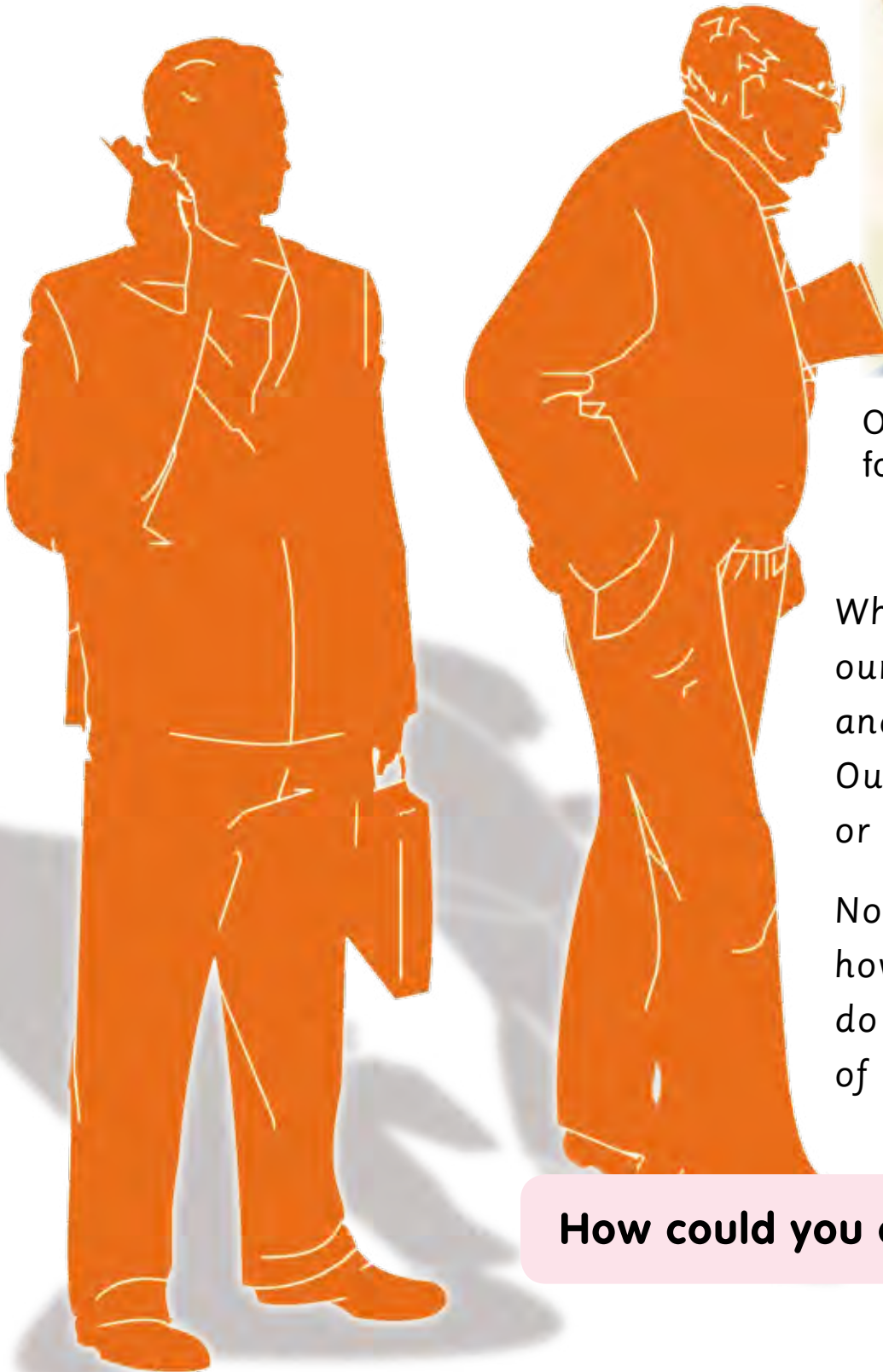


Young people grow tall quickly.





As we grow up we get taller.  
Our hands get bigger and  
our arms and legs get longer.  
We also get heavier.



Older people have wrinkled foreheads and grey hair.

When we get much older  
our skin is less smooth  
and we get wrinkles.  
Our hair changes to grey  
or white.

Not everything changes,  
however. For example, we  
do not change the colour  
of our skin or our eyes.

**How could you change your hair?**