



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?