

Growing Up

Every living thing goes through a special process called **growing up**. Growing up means changing from a baby or young one into an adult. This happens to all plants, animals, and even humans! When we grow up, our bodies and minds change in many wonderful ways.

How Do Humans Grow Up?

Humans start as babies. Babies are small and need help from others to do things like eating and walking. As babies grow into children, they learn many new skills:

- They begin to talk and understand words.
- They learn to walk, run, and play games.
- They develop their own thoughts and feelings.

When children become teenagers, their bodies go through many changes called *puberty*. They grow taller and stronger. They may start to think in new ways and discover what they like and want to do.

Growth in Plants and Animals

Just like humans, plants and animals also grow up. Look at a seed — it starts very small but with water, sunlight, and care, it grows into a big plant!

Animals are born or hatched small and helpless. A kitten, for example, grows from a tiny baby into a playful cat. Each animal has its own way and time to grow.

Did You Know?

Not all animals grow in the same way. Some, like butterflies, change shapes completely during their growth. This change is called **metamorphosis**. They begin as caterpillars and turn into butterflies!

Let's Try an Activity!

Draw and Label Your Growth:

On a blank sheet of paper, draw yourself at three different ages: as a baby, as a child, and how you look now. Next to each picture, write one thing you could do at that age and one thing you want to learn as you grow up.

Summary

- Growing up happens to all living things — humans, animals, and plants.
- Humans change physically and mentally as they grow from babies to adults.
- Plants grow from tiny seeds to large plants by using sunlight, water, and soil nutrients.
- Animals may grow in different ways, and some undergo special changes called metamorphosis.

“Growth is the journey of becoming everything you are meant to be.”