Your mission: Find out what growing up is really like!

We all go through different stages of life, from being a baby to becoming an older adult. But what is it actually like to grow up?

Interview someone in your family or someone you know to discover how they have changed throughout their life.
Choose someone to interview:

- Parent or carer
- Grandparent
- Aunt, uncle or another adult
- Older sibling

Questions to ask:

1. What do you remember about being a young child?
2. What was your favourite thing to do when you were little?
3. What was the biggest change when you became a teenager?
4. What new things could you do as an adult?
5. How has your body changed as you have got older?
6. What do you enjoy most about the stage of life you are at now?
7. What advice would you give to someone younger than you?

Your challenge:

- Write down at least five interesting things you discover.
- Find out one thing that surprised you.
- Bring in a photograph of the person at a younger age (if they are happy to share one).
- Be ready to share something you learned with the class.