

This book is part of the Inuutsiarniq Reading Series, developed by the Department of Health in Nunavut. The Inuutsiarniq Reading Series is a unique, Nunavut-developed literacy initiative that infuses Northern values of healthy living and self-care into a culturally appropriate reading program.

The Inuutsiarniq Reading Series was developed to support the reading level guidelines outlined in the Department of Education's Inuktut guided reading program, Uqalimaariuqsaniq. Uqalimaariuqsaniq is a sequential and progressive Inuktut reading program that supports students in their development from emergent to fluent readers.

Healthy students are better learners and become healthy adults. For more information, visit www.gov.nu.ca/health and your local Health Centre.

Book details

Level: 9

Text Type: Non-fiction

Subject/themes: Stages of human development, facts about different animal development, positive health habits

Key features: Added facts in *Did You Know?* boxes, glossary

How We Grow



Written by
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Have you noticed how you are changing as you grow up? We experience many things as we grow up. Our bodies and minds change as we grow.



Did You Know?

Animals go through some of the same stages of **development** as we do!



We go through different stages as we grow from a baby to an adult.

Our early years are from when we are born until when we are five years old. We learn many important things in this stage, like moving and talking.



Did You Know?

Just like us, polar bear cubs don't have teeth when they are born.



Adults take care of us in our early years.
Even once we can move and talk,
we still have many other things to learn.

School age is when we are 5 to 12 years old. We are able to do a lot more things in this stage.



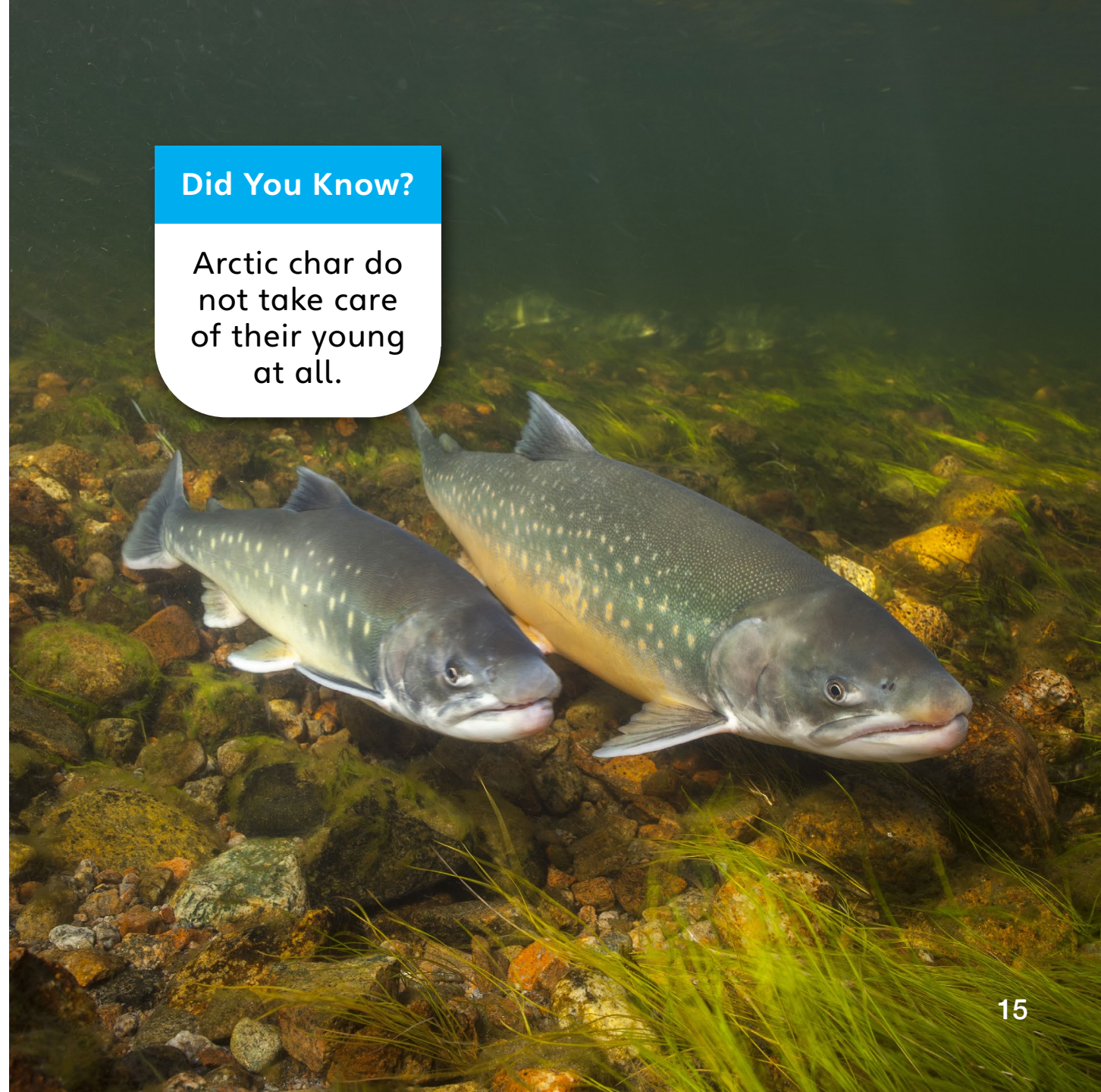
Did You Know?

Belugas are fully grown at five years old!



Adolescence is when we are 13 to 18 years old. We are getting ready to become adults in this stage. We have more responsibilities in this stage.

After that, we are adults!
Our parents and other adults typically
take care of us until we are adults.



Did You Know?

Arctic char do
not take care
of their young
at all.



As adults, our bodies do not grow as much as before. We continue to grow in our feelings, thoughts, and responsibilities. We are more independent. We might get a job and start our own families.

Our minds continue to grow as we grow older, and we share our experiences with others. Elders are respected for both their knowledge and their **wisdom**.



Did You Know?

Arctic hares dig shelters in snow and huddle together to stay warm!



We need shelter, food, water,
and our community to grow from
stage to stage safely.

Eating healthy food gives our bodies the **nutrients** we need to grow and keep all parts of our body strong and healthy.

It's important to take care of ourselves so we can keep growing!



Glossary

development: growth.

nutrients: substances that help the body grow, as well as heal itself when damaged.

wisdom: understanding and judgment based on knowledge and experience over time.

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