**Lesson material:**

**Topic: Stages of Life**

The **stages of life** refer to the **different phases** a human goes through from birth to death. Each stage is associated with **physical, emotional, and social development**, as well as **key events and milestones**.

**Main Life Stages and Vocabulary**

| **Stage** | **Age Range (approx.)** | **Key Vocabulary** | **Milestones / Events** |
| --- | --- | --- | --- |
| **Infancy** | 0–2 years | infant, newborn, baby | Birth, first words, learning to walk |
| **Early Childhood** | 2–6 years | toddler, preschooler | Language development, basic motor skills |
| **Childhood** | 6–12 years | child, primary school | Schooling begins, friendships form |
| **Adolescence** | 13–19 years | teenager, puberty, adolescence | Hormonal changes, high school, identity formation |
| **Young Adulthood** | 20–35 years | young adult, early career | University, jobs, relationships, independence |
| **Adulthood** | 36–60 years | adult, professional, parent | Career growth, family responsibilities |
| **Middle Age** | 45–65 years | middle-aged, experienced | Mid-life reflection, peak career stage |
| **Senior / Retirement** | 65+ years | senior, elderly, retiree, pensioner | Retirement, grandchildren, health concerns |
| **Old Age / End of Life** | 75+ | elder, frail, aging | Slower lifestyle, wisdom, legacy |

**Cultural and Social Perspectives**

* **Not all cultures define life stages the same way.**  
  In some cultures, **adulthood begins at marriage**, while others link it to finishing education or earning income.
* **Rites of passage** like **coming-of-age ceremonies**, **weddings**, and **retirement parties** mark the transition between life stages.
* **Life expectancy and lifestyle** impact how long people stay in certain stages (e.g., young adults in school longer due to higher education).

**Useful Phrases for Speaking Activities**

* "At this stage of life..."
* "When I was a teenager..."
* "As an adult, I have more responsibilities."
* "Older people often reflect on their earlier years."
* "Children learn by observing adults."

**Why Is This Topic Important to Learn?**

✔ Improves **vocabulary** for everyday and academic conversations  
✔ Enhances understanding of **human development**  
✔ Encourages **empathy** by thinking about other age groups  
✔ Helps with **writing biographies**, **storytelling**, and **presentations**

**Extension Ideas for Students**

* Create a **timeline** of your own life with images or symbols.
* Interview someone from another generation.
* Write a paragraph predicting what your life will be like in 20 years.
* Compare life stages in two different cultures or countries.

**Handout 1: Vocabulary Matching – Stages of Life**

**Instructions:** Match the life stage with the correct definition.

| **Term** | **Definition** |
| --- | --- |
| 1. Infant | A. The period after a person stops working permanently |
| 2. Toddler | B. A young person aged 13–19 |
| 3. Child | C. A very young baby |
| 4. Teenager | D. A person between infancy and puberty |
| 5. Young adult | E. A small child learning to walk |
| 6. Adult | F. A person in their twenties or thirties |
| 7. Middle-aged | G. A person who has reached full physical maturity |
| 8. Senior citizen | H. A person approximately between the ages of 45–65 |
| 9. Retiree | I. An elderly person, usually over 65 years old |

**Handout 2: Discussion Questions – Stages of Life**

**Instructions:** Discuss the following questions in small groups. Be ready to share your ideas with the class.

1. What are some important events that happen at each stage of life?
2. Do you think all cultures define life stages the same way? Why or why not?
3. Which stage of life do you think is the most challenging? Why?
4. At what age do you think a person becomes an adult? Why?
5. What are your goals for the next 5–10 years?
6. **Handout 3: Life Timeline Template**

**Instructions:** Fill in your timeline with key life events (past, present, and future). Add words or short phrases.

[Infant] → [Child] → [Teenager] → [Young Adult] → [Adult] → [Middle Age] → [Senior]

Example:

0–2: Born in Tokyo

5: Started school

13: First phone

18: High school graduation

23: Got a job

30: \_\_\_

45: \_\_\_

65+: \_\_\_

**Task 1: Role-Play – Interview Across Generations**

**Instructions:**

* Partner up. One student plays a grandparent, the other a grandchild.
* The “grandchild” asks about life in the past and compares it to now.
* Use these example questions:

**Grandchild:**

* What was life like when you were a teenager?
* What kind of job did you have when you were younger?
* What was school like for you?

**Grandparent:**

* What do you like most about being young today?
* What do you think will be different when you're my age?
* How do you prepare for the future?

**Task 2: Life Stages Sentence Challenge**

**Instructions:** Use a word from the box in each sentence and identify its life stage.

**Word Box:** toddler, retiree, teenager, adult, infant, senior

1. My niece is learning to walk—she’s a \_\_\_\_\_\_\_\_\_\_ now.
2. When you reach 65, you can become a \_\_\_\_\_\_\_\_\_\_ and stop working.
3. A \_\_\_\_\_\_\_\_\_\_ often wants more independence from their parents.
4. As an \_\_\_\_\_\_\_\_\_\_, you have to pay your own bills.
5. The \_\_\_\_\_\_\_\_\_\_ cried loudly all night.
6. My grandfather is a \_\_\_\_\_\_\_\_\_\_ and loves to tell stories from his youth.

**Conclusion (10 minutes)**

**Class Recap & Reflection:**

* Invite a few students to share something interesting they learned about the different stages of life.
* Revisit the key vocabulary: infant, toddler, teenager, adult, middle-aged, senior, retiree, etc.
* Ask reflective questions:
  + Which stage of life are you in now?
  + Which stage are you most looking forward to? Why?
  + How do people’s roles and responsibilities change over time?

**Teacher Summary:**  
“Today, we explored how human life is divided into stages, each with its unique challenges and experiences. Understanding these stages helps us appreciate where we are now and prepare for the future. It also helps us understand other people’s perspectives—whether they're younger or older than we are.”

**🏠 Homework Tasks**

**📝 Homework Option 1: Life Story Paragraph**

* Write a **short paragraph (80–100 words)** about someone you know (real or imaginary), describing their life using the vocabulary from today’s lesson.
* Include at least **4 different life stages** and describe something they did at each one.

*Example*   
“My uncle was born in a small village. As a child, he loved to explore the forest nearby...”

**Homework Option 2: Interview Activity**

* Interview a family member or friend from a different age group.
* Ask them **3–5 questions** about their experiences at different stages of life.
* Write a short summary of what you learned (60–80 words).
* Be prepared to share your findings in the next class.

**Homework Option 3: Life Stage Timeline (Extended)**

* Create a **detailed timeline** of your life from birth until now, including major events and transitions.
* Add **future plans or goals** for the next 10–20 years.
* Use at least **5 vocabulary words** from the lesson.