For Ezra: You are a miracle. Keep being proud of being exactly who you are. – B.C.

For anyone who sometimes feels a bit 'different'; remember – it's our differences that make us who we are. – S.M.



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ALL BODIES ARE WONDERFUL

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ABOUT THIS BOOK

This book is a celebration of ALL bodies!
Read on to find out:

... the incredible way every human develops.

... how we are all similar, yet every single person is unique.

... about the remarkable changes in our cells that lead to the differences between us.

... how each person has an impact on the world, and how the world has an impact on each person.

... how to explore who you are and to be yourself.

Because you are incredible!

Let's find out why ...

YOU ARE MADE OF STARDUST

All the elements on Earth came from the stars, which means that everything on Earth was once part of a star. That includes your body! You are made from stardust. Pretty incredible, right?

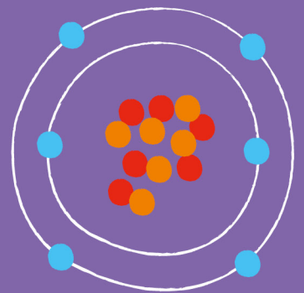
The heat inside the biggest stars is so strong it makes simple elements join together to make heavier elements.

A really big star can explode in what is called a supernova and all the elements it made are released into space.

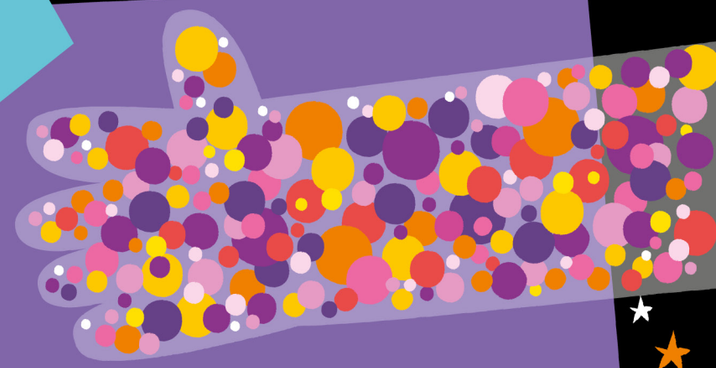
These elements combine in different ways to make new stars and things like planets and water – and some eventually made humans!

But how does this work?

An element is a substance that is made from only one type of **atom**. Atoms join together to make **molecules**.



parts of an atom



Your body may feel solid, but it's actually made out of 7 octillion atoms floating tightly together as molecules and never quite touching! The miniscule space between them can't actually be seen, but does exist.

You lose atoms from your body as you breathe, poo, wee and shed things like skin, bogies and ear wax. New atoms join your body through the air you breathe, the food you eat and what you drink.



The atoms making the outer layer of your skin renew every year and your skeleton every 10 years.

It can be hard to believe that the atoms in you today will have once been in dinosaurs and dogs, bacteria and trees.

