

# *Where do we fit into history?*

In our busy lives, it's often easy to forget how much people's lives have changed over the years, and that our own lives (and recent human history) are just a tiny episode in the history of our planet and the universe.

Understanding our place in history can be useful in a number of ways – for example, it can give us perspective on our lives and make us feel calmer or it can remind us that we only have one short life that we should make the most of. It can inspire a desire to learn more about the world around us or even remind us how we should treat other people and the environment. Look at the poster on the reverse of this page and see what thoughts and ideas occur to you!

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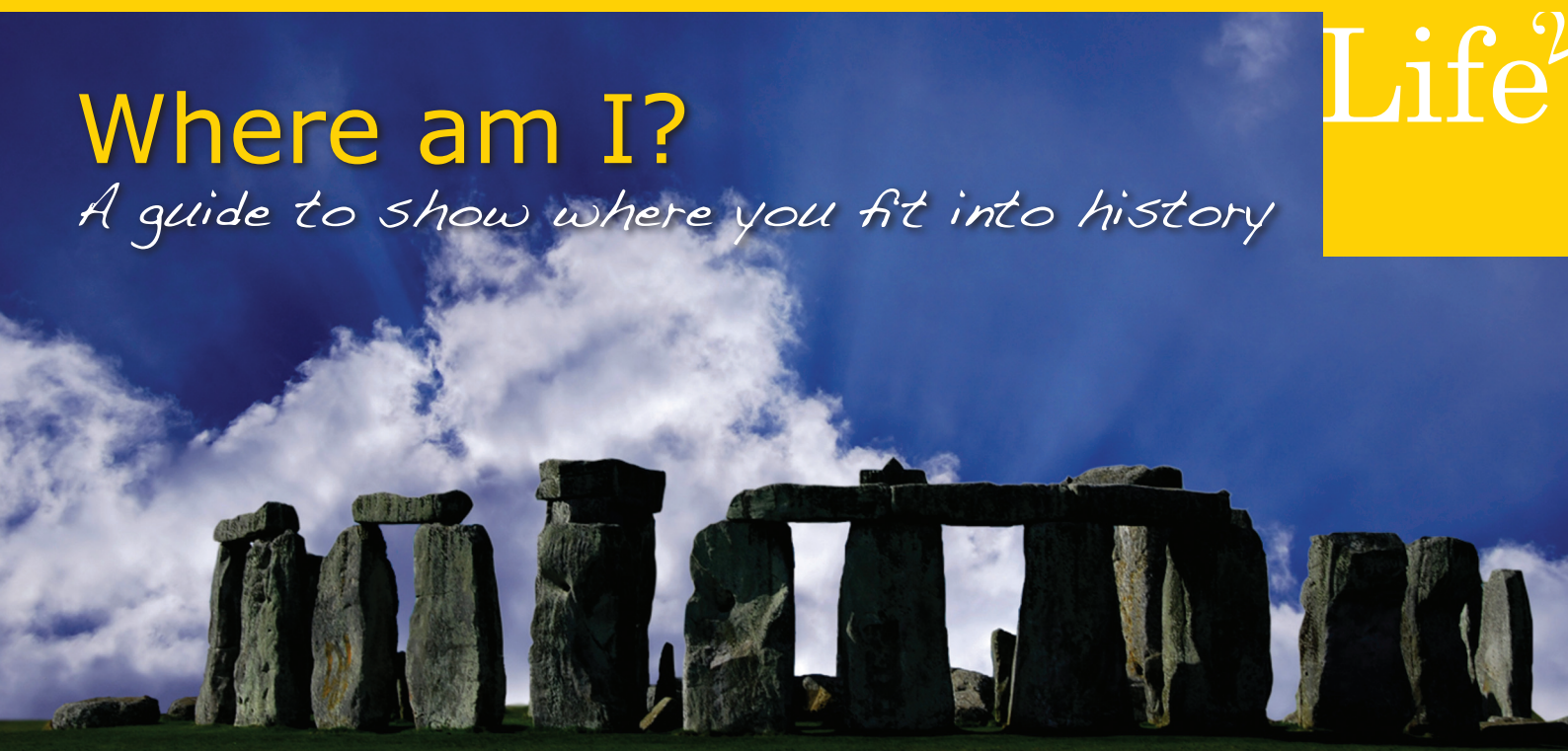
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## Where am I?

*A guide to show where you fit into history*

# Life?



# Life? You are here

A chart to show your place in history



Please note - these are approximate dates only