

## Diverging Twins: A Look at Epigenetics

On the space below record the life events that occur to you throughout your life based on your choices.

**At birth** – Identical twins share the same environment and their epigenome are very similar at birth. Signals in the twins' environment activate and silence genes without changing the underline genetic code.

Age 3: # \_\_\_\_\_

Age 8: # \_\_\_\_\_

Age 16: # \_\_\_\_\_

Age 25: # \_\_\_\_\_

Age 40: # \_\_\_\_\_

Age 55: # \_\_\_\_\_

Age 77 – Answer the following questions about you based on your life events

1. What events had little or no impact on you epigenetically? Explain.
2. Were there events that made you more vulnerable to chronic disease? Explain
3. What is your level of physical activity?
  - a. Are you able to be active and involved in outdoor activities?
  - b. Are you unable to be active and thus living a sedentary lifestyle?
4. **Describe** your overall physical health.
5. What life events could you have changed to increase your health at this age?
6. Draw a picture of you based on your life experiences that influenced your epigenome over your lifetime. Then get together with a student that is a representative of your twin. After hearing about that twins life experiences, draw a picture of what you imagine that twin looking like. Include pictures from your life experiences in your pictures. Diagrams should be in color.

You: \_\_\_\_\_

Twin (classmate): \_\_\_\_\_

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