**Movie S1. *C. elegans* development in the corral culture system.** Images obtained at 15-minute intervals show a single individual’s development over 65 hours, from an embryo still in its eggshell to a reproductively mature adult. Because we employ the temperature-sensitive sterile strain *spe-9(hc88)* at the restrictive temperature of 25°C, this individual lays unfertilized ooctyes (dark spots) instead of fertilized eggs.

**Movie S2. *C. elegans* aging in the corral culture system.** Images obtained at 3-hour intervals show the adult life the same individual from Movie S1, for 12 days following reproductive maturity.

**Protocol S1. Step-by-step protocol for construction of corral cultures.**