



# my Body

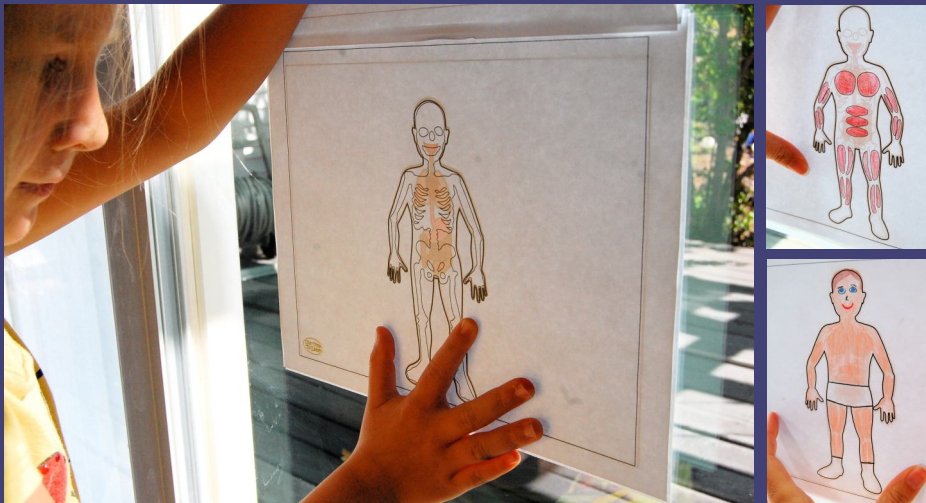
## Activity 1: A Window into the Body

You need:

- Thin printer paper
- Coloring utensils
- Tape
- Body Systems coloring pages

What to do:

- Help your child color the Body Systems coloring pages. While you do this, explain the importance and function of each system.
- When you are done coloring, tape the organs page to a sunny window (left). Align the skeleton page on top and tape. Do the same for the muscle page, then the skin page.
- Have your child flip the pages. Discuss how muscles lie beneath the skin, how muscles cover the skeleton and organs, and how bones protect the organs.



## Activity 2: Strong and Bendy Bones

You need:

- Glove
- Flexible Straws
- Scissors

What to do:

- Help your child cut five straws to fit inside the fingers of one glove. You will probably need to cut both ends.
- Find similarities between the straws and actual bones (smooth, round, strong, white). Teach your child about joints.
- Slide the straws into each finger, making sure the end with the flex goes in first.
- Hold the straws in place at the bottom of the glove while your child feels and bends the fingers.



## Discussion

Today we are going to learn about your body. Do you know what is inside your head? Do you know where your food goes after you eat it? Do you know why you breathe and what moves when you breathe? There are lots of important things inside your body doing important jobs. Let's find out more!

## Suggested Reading

Inside Your Outside

by Tish Rabe

Me and My Amazing Body

by Joan Sweeney

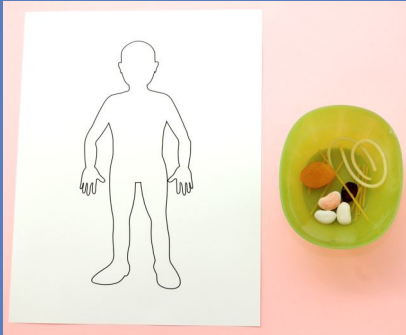
The Human Body

by Sylvaine Perois

Outside-In

by Claire Smallman

## Activity 3: Anatomical Ingredients



You need:

- Dried apricot or walnut half (brain)
- Dried cranberry or raisin (heart)
- Raw lima beans or jelly beans (lungs)
- Raw lima bean (color with a magic marker), kidney bean, or jelly bean (stomach)
- Dry straight pasta, q-tips, or toothpicks (bones)
- Cooked straight pasta or yarn (esophagus and intestines)
- Body Outline mat

What to do:

- Present your child with the Body Outline mat and a bowl of the above ingredients. He must decide which objects represent which organs (or bones) and place them in the correct positions on the mat.
- To help get him started, ask questions like, “Which of these objects could be the bones? Why? Which object looks most like a stomach?” Discuss the similar characteristics between the objects and actual organs.



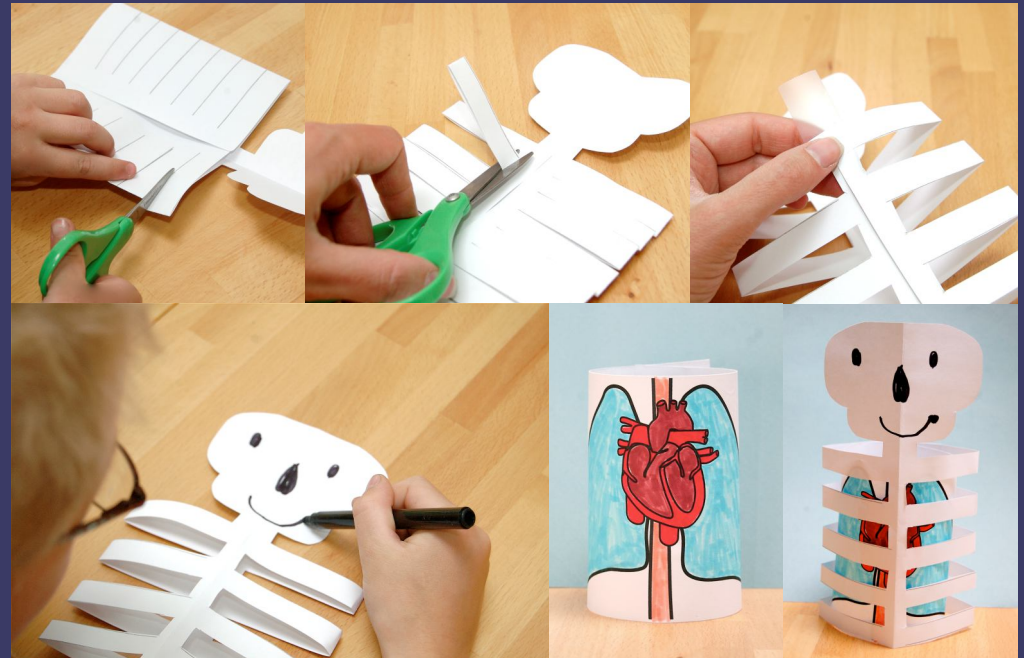
## Activity 4: Organ Cage

You need:

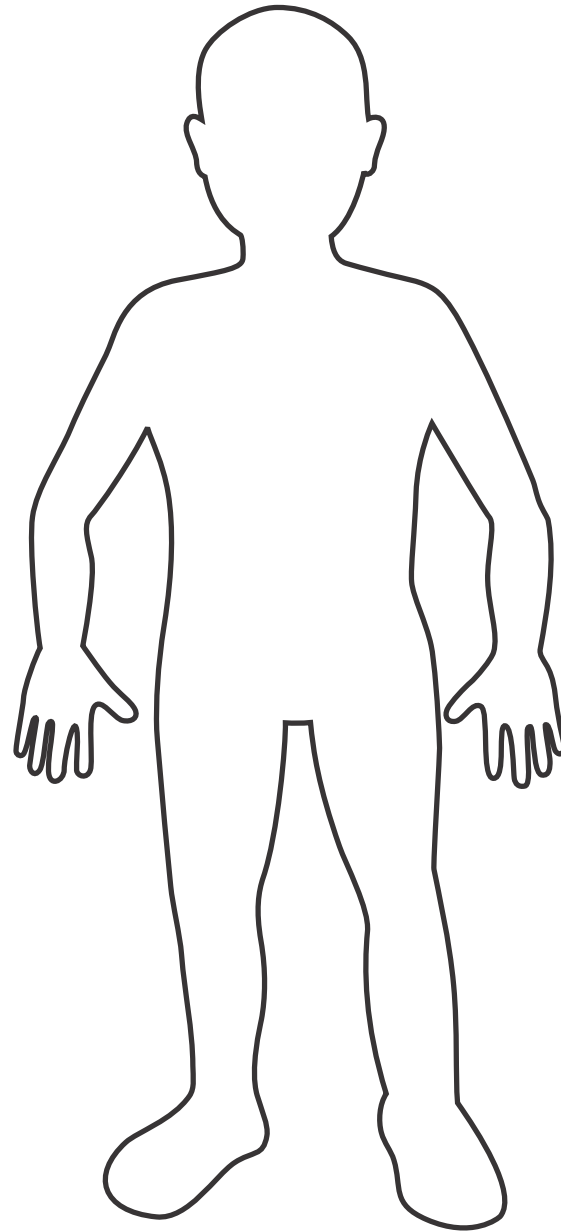
- Coloring utensils
- Ruler
- Pencil
- Scissors
- Tape
- Printer paper
- Lungs and Heart coloring page
- Ribs worksheet

What to do:

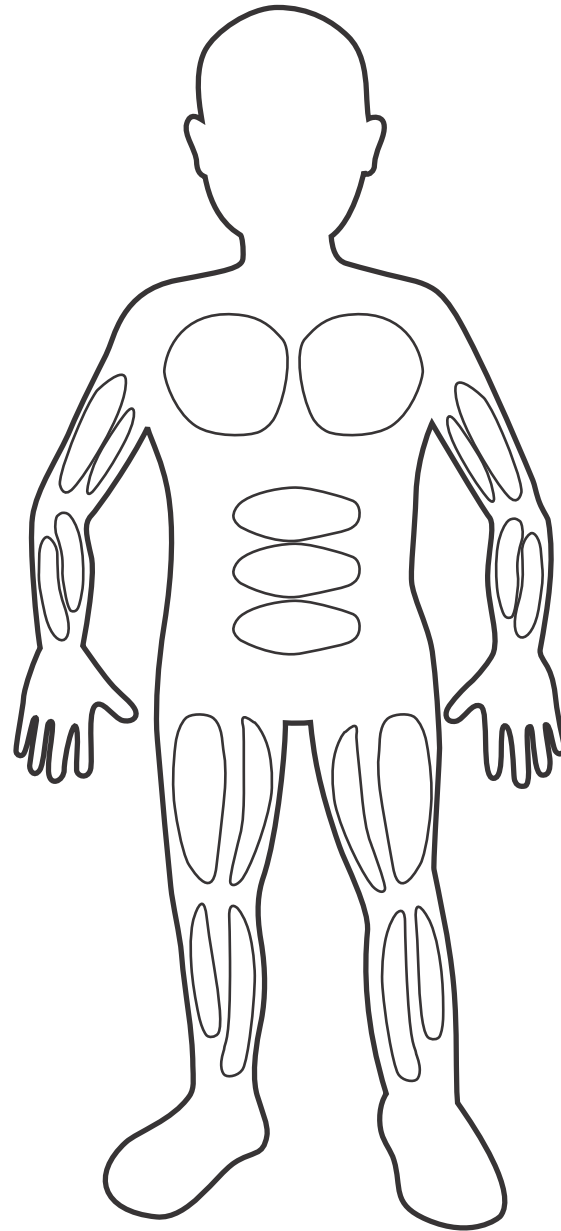
- Have your child color the coloring page while you fold the Ribs worksheet in half width-wise.
- With the worksheet folded, help your child cut along the lines. Make sure you do not cut beyond the lines. You have now created ribs.
- Counting down from the top, fold up the second, fourth, sixth, and eighth ribs on each side and cut out.
- Overlap the back vertical edges slightly and tape.
- Draw a face on the skull.
- Cut out the Lungs and Heart coloring page along the borderlines. Roll it into a tube and secure with tape.
- Fit the tube inside the rib cage and tape to secure.



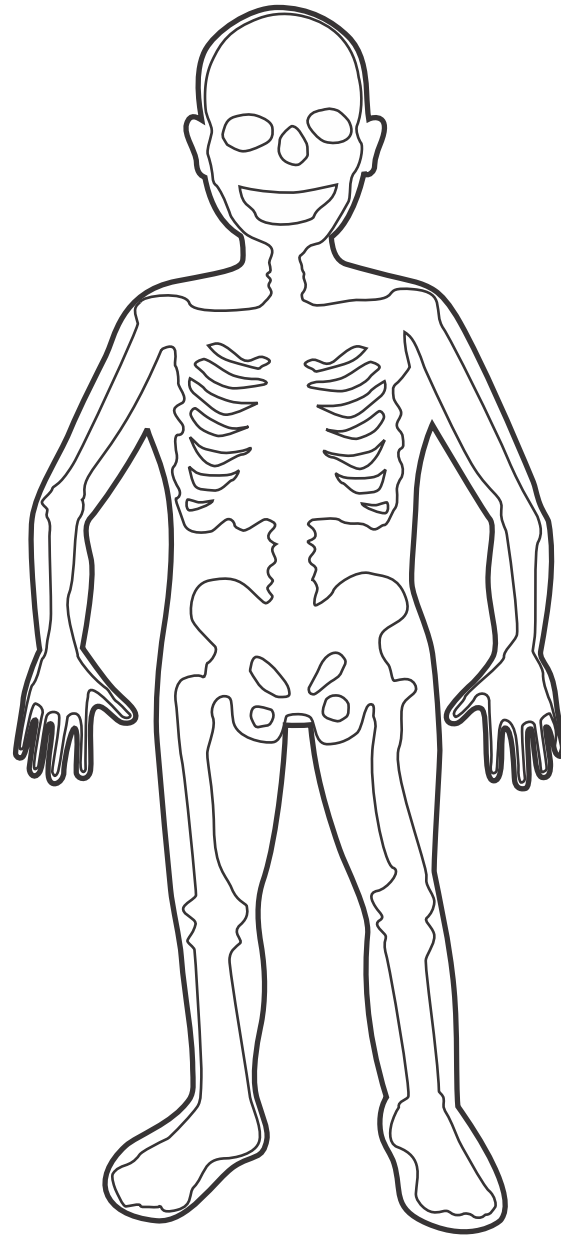
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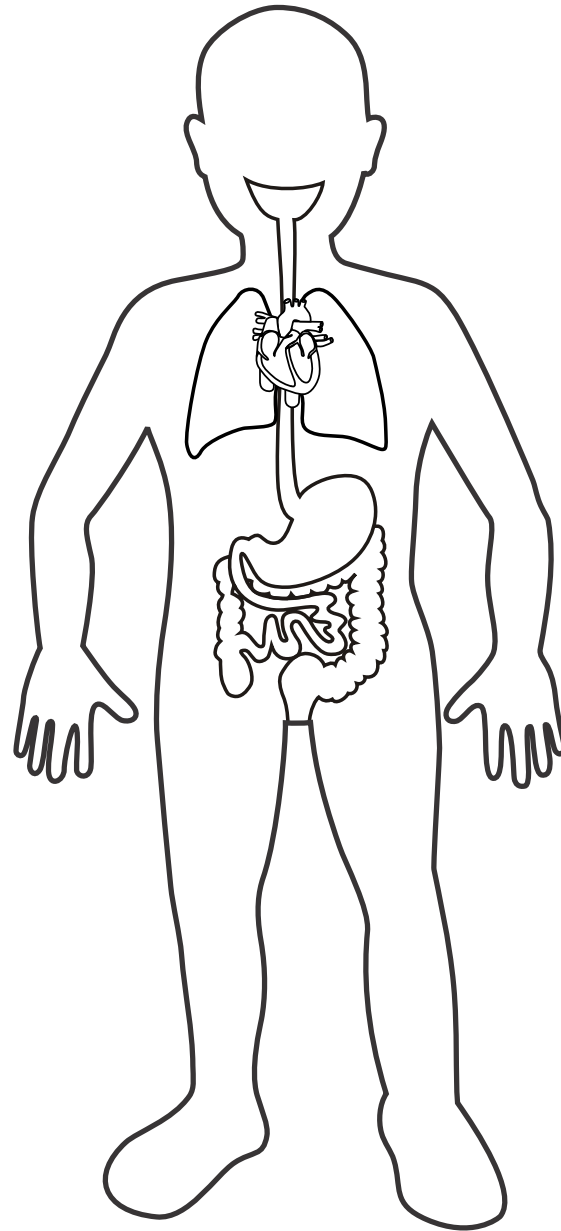
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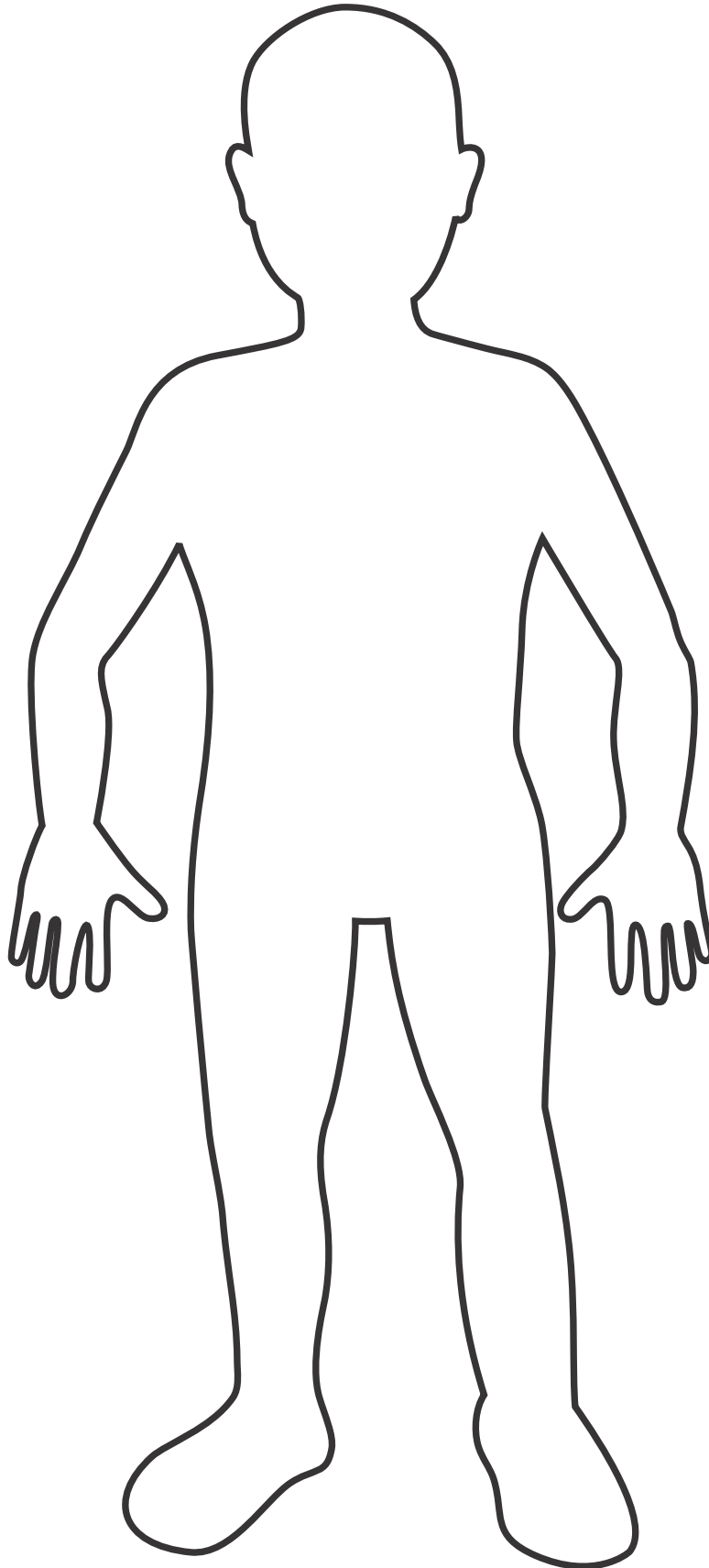
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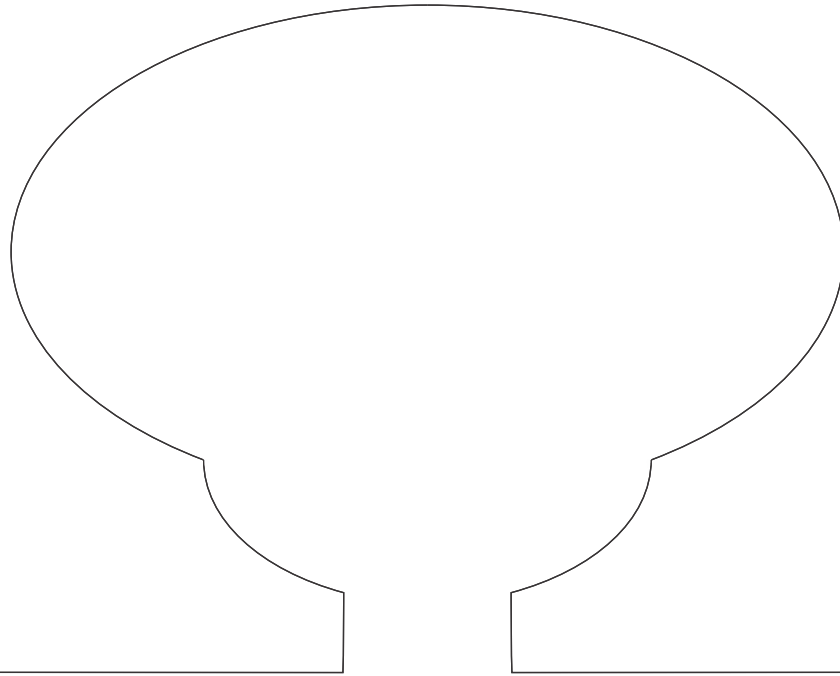
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# Activity 3: Anatomical Ingredients



# Activity 4: Organ Cage



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# Activity 4: Organ Cage

