

Objective

By the end of this lesson, you will learn about the amazing human body and its different parts!

Materials and Prep

- Pen and paper
- Your curious mind!

No prior knowledge needed, just come ready to explore!

Activities

- **Draw Your Body:** Grab your pen and paper, and draw an outline of your body. Label different parts like head, arms, legs, and tummy.
- **Simon Says Body Parts:** Play a fun game of Simon Says where you touch different body parts when called out. For example, "Simon says touch your nose!"
- **Healthy Habits:** Discuss the importance of eating healthy food and staying active to keep our bodies strong and happy.

Talking Points

- *"Our body is like a machine that works all the time to keep us moving and healthy. Can you think of some things your body does for you every day?"*
- *"We have different parts in our body that help us do different things. For example, our legs help us walk and run. What are some other body parts you know?"*
- *"It's important to take care of our bodies by eating fruits and vegetables. They give us energy and help us grow. What are your favorite healthy foods?"*