

Objective

By the end of this lesson, you will be able to identify and understand major body parts and their functions.

Materials and Prep

Materials needed: Paper, markers, scissors

No prior knowledge required, just come with a curious mind!

Activities

- Create a life-size body outline: Trace your body on a large piece of paper. Label major body parts such as head, arms, legs, and torso.
- Body part matching game: Cut out pictures of body parts from magazines or draw them. Mix them up and match them to their correct names.
- Simon says body parts: Play a game of Simon says where you have to touch different body parts when called out.

Talking Points

- "Our body is like a machine made up of different parts. Each part has a special job to do."
- "The head is where our brain is. It helps us think, see, hear, and smell."
- "Our arms help us reach and carry things. They are connected to our shoulders."
- "Legs help us walk, jump, and run. They are connected to our hips."
- "Our torso is like our body's trunk. It holds all our important organs like the heart and lungs."