

## Objective

By the end of this lesson, you will be able to understand the basic functions and systems of the human body.

## Materials and Prep

- Human body diagram worksheet
- Colored pencils or markers
- Internet access for research (optional)

Before starting the lesson, make sure you have a clear understanding of the different body systems and their functions.

## Activities

1. Introduction to the Human Body - Begin by discussing the importance of the human body and its various parts. Use the human body diagram worksheet to label and color different body parts.
2. Exploring Body Systems - Research or discuss the major body systems such as the circulatory, respiratory, digestive, and skeletal systems. Create a mini poster or booklet highlighting the main functions of each system.
3. Body Systems Game - Play a fun game where you call out different body parts or functions, and the student has to point to the corresponding body system on their mini poster or booklet.
4. Body Trivia - Test your knowledge with some body trivia questions. Ask questions like "What is the largest organ in the human body?" or "Which system is responsible for carrying oxygen to the body's cells?"

## Fourth Grade Talking Points

- "The human body is made up of many parts that work together to keep us alive and healthy."
- "Our body has different systems, and each system has a specific job to do."
- "The circulatory system helps transport blood and nutrients throughout our body."
- "The respiratory system helps us breathe by taking in oxygen and removing carbon dioxide."
- "The digestive system breaks down food and absorbs nutrients to provide energy for our body."
- "The skeletal system provides support and protection for our organs, and it also helps us move."