

## Objective

By the end of this lesson, Jo will have a basic understanding of the human body and its different systems, particularly focusing on the skeletal system and major organs.

## Materials and Prep

- Printouts of human body diagrams
- Coloring pencils or markers
- Clear plastic sheet (optional)
- Scissors and glue

No prior knowledge required, just curiosity and enthusiasm!

## Activities

- **Label the Parts:** Print out a human body diagram and have Jo label the major organs and bones. For added fun, use the clear plastic sheet to create a reusable organ overlay.
- **Build a Skeleton:** Cut out bone shapes from paper and have Jo assemble them into a skeleton. Discuss the functions of each bone as they are placed.
- **Organ Coloring:** Print out separate organ diagrams for coloring. As Jo colors each organ, explain its function in simple terms.

## Talking Points

- **Bones:** "Bones are like the frame of our body. They help us stand tall and protect our insides."
- **Heart:** "The heart is like a pump that sends blood all around our body, giving it energy and oxygen."
- **Lungs:** "Our lungs help us breathe in fresh air and breathe out yucky stuff our body doesn't need."
- **Brain:** "The brain is like a supercomputer that helps us think, feel, and move. It's the boss of our body!"
- **Stomach:** "The stomach is like a food mixer. It breaks down our food so our body can use it for energy."
- **Kidneys:** "Kidneys are like filters that clean our blood and make pee. They help keep our body healthy."
- **Skin:** "Our skin is like a superhero cape. It protects us from germs and helps us feel things like hot and cold."