

Objective

By the end of this lesson, Jax will be able to identify the major organs of the body, understand their functions, and explain which systems they belong to. This will help him learn how his body works and why it's important to take care of it.

Materials and Prep

- Paper
- Pencil or crayons
- Space to move around
- Knowledge of the major organs (heart, lungs, brain, stomach, etc.)

Activities

- **Organ Charades:** Jax will act out different organs and their functions without using words. For example, he can pretend to pump like the heart or breathe like the lungs, while you guess which organ he is representing.
- **Body Map Drawing:** Jax will draw a simple outline of a human body on paper. He will then label the major organs and color them in, using different colors for each system (like blue for the circulatory system and green for the digestive system).
- **Organ Relay Race:** Set up a small obstacle course where Jax must move from one station to another, each representing a different organ. At each station, he will say one fun fact about that organ before moving on.

Talking Points

- "Can you name some of the major organs in your body?"
- "What do you think the heart does? It pumps blood all around your body!"
- "Why are the lungs important? They help us breathe in oxygen and breathe out carbon dioxide!"
- "What does the brain do? It controls everything we do, think, and feel!"
- "Did you know that the stomach helps break down food? It's part of the digestive system!"
- "What happens to the food after it leaves the stomach? It goes to the intestines to get nutrients!"
- "Why is it important to take care of our organs? They help us stay healthy and do all the things we love!"
- "Can you think of ways to keep your organs healthy? Eating well, exercising, and getting enough sleep are all great ways!"