My Amazing Body: A Tour Inside!

Introduction: What's Inside Me? (10 mins)

Start with a fun discussion! Ask the student: "What do you think is inside your body that helps you run, eat, think, and play?" "How does your body work like a team?" Introduce the idea that our body is made of different parts that work together, called 'systems'. Explain that today, we'll be explorers learning about some of these amazing systems!

Activity 1: Body Blueprint (20 mins)

1. Have the student lie down on the large sheet of paper and trace their body outline.

2. Briefly introduce 4-5 major systems using simple terms and analogies:

- **Skeletal System:** Like the frame of a house, it gives shape and support (bones).
- **Muscular System:** Like rubber bands, muscles pull on bones to help us move.
- **Digestive System:** Like a food processing factory, it breaks down food for energy (stomach, intestines).
- **Circulatory System:** Like roads and highways, it carries blood with oxygen and food around the body (heart, blood vessels).
- **Nervous System:** Like the body's control center, it sends messages (brain, nerves).

3. Using crayons or markers, have the student draw simplified representations of where these systems are generally located inside their body outline. It doesn't need to be precise, just the general idea (e.g., bones inside limbs, brain in head, heart in chest, stomach in tummy area).

Activity 2: System Sculptures or Cut-outs (20 mins)

Choose one method based on available materials and student preference:

Option A (Play-Doh): Use different colors of Play-Doh to sculpt simple models of organs from one or two systems (e.g., a red heart, pink lungs, a beige brain, white bones).

Option B (Construction Paper): Use different colors of construction paper to cut out shapes representing organs or parts of systems (e.g., bone shapes, a heart shape, a stomach shape, long strips for intestines/nerves). Glue/tape these onto the body outline in the correct general areas.

Discussion: While creating, talk about the function of each part/system being made. Reinforce the 'job' each system does.

Activity 3: System Match-Up & Move! (10 mins)

1. Write the name of each system learned on an index card.

2. Write the main function of each system on separate index cards.

3. Mix up the cards and have the student match the system name to its function.

4. Play a quick game: Call out a system name (e.g., "Muscular System!") and have the student do an action related to it (e.g., flex muscles). Call out "Skeletal System!" and have them stand tall like a

skeleton.

Optional Extension: System Investigators (15 mins)

If time permits and interest is high, choose one system for a mini 'deep dive'. Use the computer/tablet to search for kid-friendly videos or diagrams about that specific system (e.g., Search: "How does the digestive system work for kids?" or "Skeletal system animation for children"). Discuss one new interesting fact learned.

Wrap-up & Assessment (5 mins)

Review the body outline created. Ask the student to point to one system and explain its main job. Ask: "Can you think of a time when two systems worked together?" (e.g., Running uses Skeletal, Muscular, Circulatory, and Nervous systems!). Hand out the "Body Systems Match-Up" worksheet as a quick review or for later reinforcement.

Differentiation Notes:

- **Support:** Focus on only 2-3 systems. Provide pre-drawn outlines or pre-cut shapes. Use labeled diagrams for reference extensively.
- **Challenge:** Introduce more systems (e.g., Respiratory, Immune). Have the student write a short paragraph describing how two systems interact. Research a specific organ within a system.