

# Amazing Me: What Am I Made Of?

## Materials:

- Paper
- Crayons or markers
- Open space for movement
- Optional: Simple drawing/diagram of body components (muscle, bone, fat)

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## Introduction: Your Body's Building Blocks! (10 mins)

Think about a house. What is it made of? Bricks, wood, wires, pipes? Our bodies are amazing structures too, and they're made of different things! Today, we're learning about 'body composition,' which is just a fancy way of saying 'what our bodies are made of.'

Body composition tells us about the different parts inside us, mainly muscle, bone, fat, and water. Everyone has all of these, but the amounts can be different, and that's okay! It's like everyone's house looks different.

## What Are We Made Of? (15 mins)

Let's break down the main parts:

- **Muscle:** This is what helps us move, lift things, run, and jump! Strong muscles make activities easier and help our body work well. Flex your arm – feel that muscle?
- **Bone:** This is the hard framework inside us – our skeleton! Bones give our body shape, protect important organs (like our ribs protecting our heart and lungs), and help us stand tall. Gently tap your leg – you can feel the bone underneath.
- **Fat:** Our body needs some fat! It stores energy (like a backup battery), protects our organs like padding, and helps keep us warm. It's important to have a healthy amount – not too much and not too little.
- **Water:** Did you know a large part of your body is water? Water is super important for almost everything your body does!

**Why does it matter?** Having a healthy mix (healthy body composition) helps us have energy to play, makes moving easier, helps us stay strong, and keeps our body working its best!

## Activity 1: Build-A-Body Drawing (10 mins)

Let's draw! Get your paper and crayons/markers.

1. Draw an outline of a person (it can be you!).
2. Think about where the different parts are. Use different colors to show areas where you think there is mostly muscle (like arms and legs), bone (the skeleton shape), and a little bit of fat (maybe around the tummy or cushioning areas). This is just for fun and thinking – not a real science test!
3. Label the parts if you can.

## Activity 2: Move Your Composition! (15 mins)

Let's get active! Physical activity helps build strong muscles and uses energy. Try these:

- **Muscle Builders:** 10 Jumping Jacks, 5 Push-ups (on knees is great!), 10 Squats. Feel your muscles working?
- **Bone Shakers (Gentle):** Marching in place for 1 minute, hopping on one foot (5 times each leg).
- **Energy Burners:** Run in place as fast as you can for 30 seconds, do 10 'mountain climbers'.
- **Animal Walks:** Try bear crawls or crab walks across the room.

How do you feel? Being active helps keep our body composition healthy!

## Discussion & Wrap-Up (5 mins)

What did we learn today? What is body composition? (What our body is made of). What are the main parts? (Muscle, bone, fat, water). Why is it good to have a healthy mix? (Energy, movement, health). What helps us have healthy body composition? (Being active, eating healthy foods!). Great job exploring your amazing body today!