

Objective

By the end of this lesson, you will be able to understand the excretory system and its importance in the human body.

Materials and Prep

- Paper and pencil
- Internet access (optional)

No prior knowledge is required for this lesson.

Activities

1. Research and Draw

Using the internet or books, research the excretory system. Find out what organs are part of it and how they function. Then, draw a labeled diagram of the excretory system.

2. Excretory System Quiz

Create a quiz for yourself or a family member about the excretory system. Include questions about the organs involved, their functions, and the importance of keeping the excretory system healthy. Exchange quizzes and test your knowledge!

3. Healthy Habits

Write a short paragraph about the importance of maintaining a healthy excretory system. Include tips for keeping it healthy, such as drinking plenty of water, eating a balanced diet, and exercising regularly. Share your paragraph with someone in your family.

Third Grade Talking Points

- "The excretory system is responsible for removing waste materials from our bodies."
- "The main organs of the excretory system are the kidneys, bladder, and urethra."
- "The kidneys filter waste products from our blood and produce urine."
- "Urine is stored in the bladder until we are ready to release it."
- "It is important to drink enough water to keep our kidneys functioning properly."
- "Eating a healthy diet and exercising regularly also help maintain a healthy excretory system."
- "Taking care of our excretory system is crucial for overall health and well-being."