

My Amazing Body: A First Grade Adventure!

Subject: Science (Biology/Health)

Grade Level: 1st Grade (Homeschool)

Topic: Introduction to the Human Body

Materials Needed:

- Large sheet of paper (or several smaller sheets taped together)
- Crayons or markers
- Optional: Child-safe mirror
- Optional: Simple picture book about the human body
- Optional: Song printout or audio for "Head, Shoulders, Knees, and Toes"

Lesson Procedure:

1. Introduction & Engagement (5-10 minutes)

Start with enthusiasm! "Guess what amazing machine we get to learn about today? It's something you use every single second! It's YOUR BODY!"

- Sing the song "Head, Shoulders, Knees, and Toes" together, doing the actions. Sing it a couple of times, maybe getting faster!
- Ask engaging questions: "What part of your body do you use to see?" (Eyes) "What part helps you run and jump?" (Legs and Feet) "What holds your amazing brain?" (Head)
- Optional: Look in a mirror together and point out different parts like eyes, nose, mouth, ears, hair on the head.

2. Activity: Body Tracing & Labeling (15-20 minutes)

"Now, let's make a map of your amazing body!"

- Have the student lie down on the large sheet of paper.
- Carefully trace the outline of their body with a marker or crayon.
- Once the outline is done, have the student stand up and look at their shape.
- Work together to identify and label the major parts directly on the drawing: Head, Arms, Hands, Tummy (or Torso), Legs, Feet. Sound out the words together as you write them.
- Encourage the student to draw features on the head (eyes, nose, mouth, ears, hair) and maybe even clothes on the body outline.

3. Activity: What Do My Body Parts Do? (10-15 minutes)

"Our body parts aren't just there to look cool, they help us do things!"

- Focus on simple functions. Ask the student to demonstrate:
- "Show me what your hands can do!" (Wave, clap, pick up a crayon, make a fist). Explain: "Hands help us grab and touch things."
- "Show me what your feet and legs can do!" (Stomp, walk in place, jump gently). Explain: "Legs and feet help us move around - walking, running, jumping!"
- "Point to your head. What's inside your head that helps you think?" (Brain - keep it simple).

- "Point to your tummy. This is where your food goes after you eat!"

4. Assessment & Check for Understanding (5 minutes)

Make it a game:

- "Simon Says touch your head!"
- "Simon Says wiggle your arms!"
- "Point to the part you use for walking." (Legs/Feet)
- "Point to the part you use for clapping." (Hands)
- Review the body tracing: Ask the student to point to the different parts you labeled together on their drawing.

5. Closure & Wrap-up (5 minutes)

"Wow, you learned so much about your amazing body today! Isn't it incredible how all the parts work?"

- Briefly review the main parts learned (head, arms, hands, tummy, legs, feet).
- Praise the student's participation and effort on their body tracing.
- Optional: Read a simple picture book about the human body together.
- Hang up their body tracing masterpiece!

Differentiation/Extension:

- **Support:** Guide the student's hand during tracing or writing labels if needed. Use pointing more than verbal naming initially. Focus on fewer parts if necessary (e.g., just head, arms, legs).
- **Challenge:** Introduce more body parts (shoulders, elbows, knees, neck). Discuss the five senses briefly and which body parts are used for each. Ask more complex function questions ("Why do we need a tummy?").