

Objective

By the end of this lesson, you will be able to identify and describe the basic parts of the human body.

Materials and Prep

- Whiteboard or large paper
- Markers or colored pencils
- Printed illustrations of the human body (optional)

No prior knowledge is required for this lesson.

Activities

1. **Introduction:** Begin by discussing with the student what they already know about the human body. Encourage them to share their thoughts and ideas.
2. **Main Activity:** Draw an outline of a person on the whiteboard or paper. Label the major body parts such as head, arms, legs, and torso. Discuss the function of each part and ask the student to identify them.
3. **Extension Activity:** If you have printed illustrations of the human body, ask the student to match the labels to the corresponding body parts on the illustrations. This will reinforce their understanding of the different parts.
4. **Conclusion:** Summarize the lesson by reviewing the major body parts and their functions. Encourage the student to ask any remaining questions.

First Grade Talking Points

- "Our bodies are made up of different parts."
- "The head is where our brain is, and it helps us think and make decisions."
- "Arms are used for reaching, grabbing, and hugging."
- "Legs help us walk, run, and jump."
- "The torso is the middle part of our body that holds our organs like the heart and lungs."