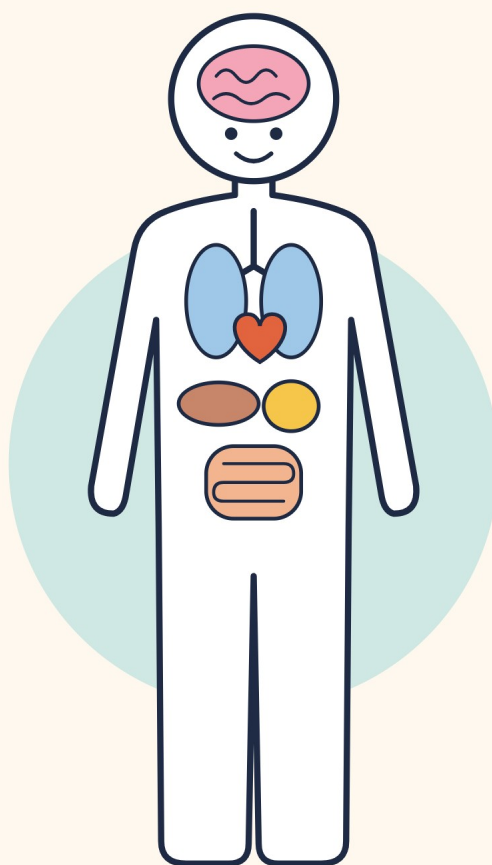


My Amazing Body

A hands-on workbook for curious kids



This book belongs to: _____

Build a body

Bone detective

Five senses

Heart & lungs lab

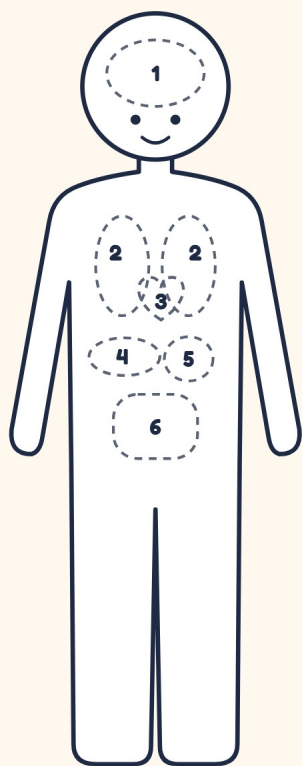
Food's big journey

Healthy habits

1

Build a Body!

Cut out the organs on the next page. Glue each one onto its matching dotted shape.



Organ checklist

1 Brain

☐

2 Lungs

☐

3 Heart

☐

4 Liver

☐

5 Stomach

☐

6 Intestines

☐

Tip

Glue the lungs first, then put the heart on top.
Your real heart sits snug between your two lungs!

Bonus

Give your body some hair and clothes, and color it in to look like you.



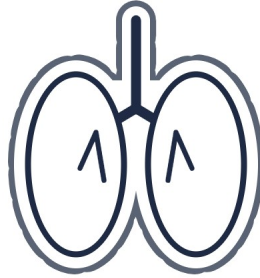
Organ Cut-Outs

Color each organ, then cut along the dashed line around it.



1 • Brain

The boss of your body! It helps you think, remember and move.



2 • Lungs

Two spongy bags that fill up with air every time you breathe in.



3 • Heart

A strong muscle that pumps blood all around your body, day and night.



4 • Liver

The biggest organ inside you. It cleans your blood and helps with digestion.



5 • Stomach

A stretchy bag that squishes and mixes your food into mush.



6 • Intestines

Long, twisty tubes that soak up the good stuff from your food.

Kids: ask a grown-up to help with the scissors. **Grown-ups:** printing this page on card stock makes the pieces sturdier and easier to glue.

2

Who Does What?

Draw a line from each body part to the job it does.



Brain



Holds you up and keeps your insides safe



Heart



Mashes up the food you eat



Lungs



Thinks, learns and remembers



Stomach



Pull on your bones so you can move



Bones



Breathe air in and out



Muscles



Pumps blood all around your body

Draw your favorite body part and give it a silly name!

3

Bone Detective

Your skeleton holds you up and keeps your insides safe. Write the name of each numbered bone.

Word bank

skull

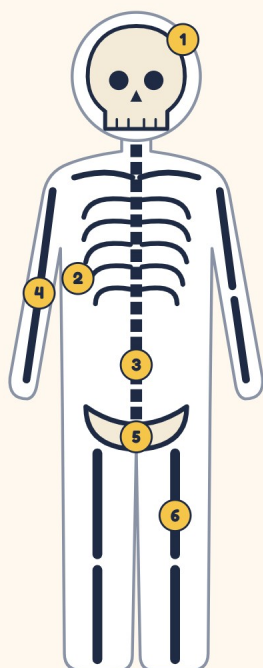
ribs

spine

arm bones

hip bones

leg bones



1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

Did you know?

Grown-ups have 206 bones. Babies start out with around 300, and some of them join together as you grow!

Try it

Put your hands on your sides and take a big breath. Can you feel your ribs move out and in?

4

My Five Senses

Finish each sentence with a word from the word bank. Then draw a favorite thing in the box.

Word bank:

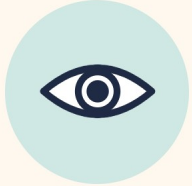
see

hear

smell

taste

touch



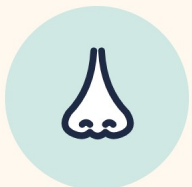
My **eyes** help me _____ .

Something I love to see



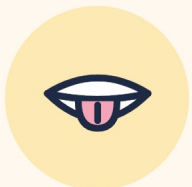
My **ears** help me _____ .

Something I love to hear



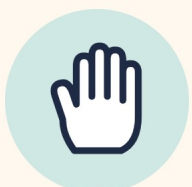
My **nose** helps me _____ .

Something I love to smell



My **tongue** helps me _____ .

Something I love to taste



My **fingers** help me _____ .

Something I love to touch



Heart & Lungs Lab

Be a scientist! You'll need a grown-up with a clock or timer.

Experiment 1: Count your heartbeat

1. Sit still. Put your hand flat on your chest, or two fingers gently on the side of your neck.
2. When your grown-up says "Go!", count the thumps for 10 seconds.
3. Now do 20 jumping jacks, and count again right away!

Sitting still

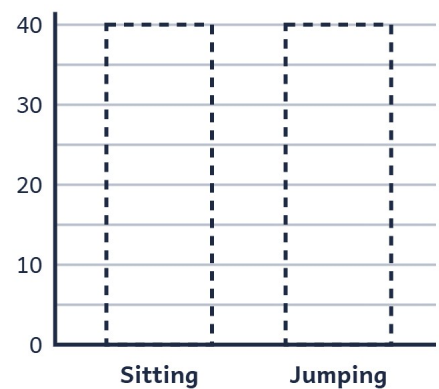
beats

After 20 jumping jacks

beats

Color each bar up to your number.

Why do you think your heart beats faster after jumping?



Experiment 2: Breath power

Take a big breath and say "Ahhhhh" for as long as you can while your grown-up counts the seconds.

First try: seconds

Second try: seconds



Did you know? Your heart is about the size of your fist. Make a fist right now — that's how big your heart is!

6

Food's Big Journey

Follow a bite of apple through your body! Read each clue and write the body part on the line.

Word bank:

mouth

food tube

stomach

small intestine

large intestine

1

I chew and crunch the apple with my teeth.

2

I'm a slide that squeezes food down.

3

I'm a stretchy bag that churns food into mush.

4

I'm long and twisty. I grab the good stuff.

5

I soak up water and push out what's left over.

Finish!



Healthy Habit Stars

Your body works hard for you! Each day you do a healthy habit, color in a star.

Week of: _____

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Drink water							
Eat a fruit or veggie							
Play and move for an hour							
Brush teeth morning and night							
Wash hands before eating							
Get a good night's sleep							

My favorite healthy snack is _____

My favorite way to move is _____



OFFICIAL

Body Explorer

This certificate is proudly given to

for building a body, finding the bones, testing
the senses, running the heart and lungs
lab, and following food on its big journey!

Date

Grown-up signature

For grown-ups: answer key

2 • Who does what: brain – thinks and remembers; heart – pumps blood; lungs – breathe; stomach – mashes food; bones – hold you up; muscles – pull on bones.

4 • Five senses: eyes – see, ears – hear, nose – smell, tongue – taste, fingers – touch.

5 • Heart & lungs lab: every number is a right answer! Hearts beat faster during exercise because working muscles need more oxygen, and blood carries it to them.

3 • Bone detective: 1 skull, 2 ribs, 3 spine, 4 arm bones, 5 hip bones, 6 leg bones.

6 • Food's journey: 1 mouth, 2 food tube (esophagus), 3 stomach, 4 small intestine, 5 large intestine.