



## Bodies Alive

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### Suggested CHEC-out activities

#### Books

- “Body Battles,” Gelman, Rita Golden. Scholastic Paperback, 1992.
- “Children’s Atlas of the Human Body,” Walker, Richard. Millbrook Press, 1994.
- “Eyewitness: Human Body,” Parker, Steve. (Eyewitness Books) DK Publishing, Inc., 1999.
- “Hidden World: Human Body,” (A First Discovery Book). Delafosse, Claude, Valat, Pierre-Marie. Scholastic Books, 1999.

#### Web sites

- Oracle Think Quest, <http://library.thinkquest.org>
- Discovery Kids, <http://yucky.kids.discovery.com>
- U.S. Department of Agriculture, <http://mypyramid.gov>

### 1 Organ art

Review with students the size of the brain (two fists), the heart (one fist) and the size of the stomach (a fist and a wrist). Ask students to help each other trace their wrists and fists to illustrate their organs. Use colored construction paper, fabric, crayons and markers to turn the tracings into organ art. Ask students to describe the functions of their organs on lined paper below the illustrations.

### 2 Amazing sensations

The brain is the most important part of the body. It sends messages to every body part. Have students blindfold a partner and record each others’ reactions to different sensations. Taste something sweet, sour, hot or cold. Smell something stinky or pleasant. Feel something rough, soft, wet or dry. The amazing brain causes all these reactions. Students can write about their favorite sensation.

### 3 Taste testers

Provide students with a variety of healthy choices to taste, such as green, yellow or red peppers, cucumbers, zucchini or broccoli. For added zip, provide healthy dips for the students to try including yogurt, ranch dressing or fruit dip.

### 4 Fingerprint fancy

Explain to the class that our bodies are covered with skin, which is soft, warm and protects us. It keeps water, sunlight and germs out. Discuss that skin has different layers. Have students look at their hands. Help them notice the pattern on each fingertip and explain that no one else in the world has the same pattern on his or her fingertips. Using paint, a marker or inkpad, cover their fingertips and press onto a piece of paper. Have students turn their fingerprints into people, animals or shapes by adding arms, legs and faces.