



Children's Health  
Education Center™

A member of Children's Hospital and Health System.



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# Body Basics I

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## Suggested CHEC-out activities

### 1 Heart healthy journal

As a way to integrate physical activity in the classroom, spend 10-20 minutes everyday doing some type of cardiovascular exercise (running in place, jump rope, dancing to music, etc). Have students keep a heart healthy journal to keep track of what they are doing everyday in class and out of class to keep their hearts and other parts of their bodies healthy and strong (drawings and artwork can be included). Also included in entries are feelings about the exercises and any progress they have made (Ex. The third week I was not so tired jump roping!). Remind kids that the heart pumps blood throughout the body to keep us alive everyday, and in order to keep our heart healthy and strong we need to exercise.

### 2 Fantastic flashcards

To review the different parts of the body, make large, colorful flashcards with body part definitions or pictures, including explanations or definitions on the opposite side.

### 3 "Dem Bones"

Read "Dem Bones," by Bob Barner, a book about the skeletal system. Have students create their own skeletons on black construction paper out of bendable cotton swabs.

### 4 Trace yourself

Using butcher paper, have each student trace an outline of his or her body. Students can then draw and label the body parts that they learned about in the Body Basics I program. Post the bodies around the classroom or school.

## Books

- "Me and My Amazing Body," Sweeney, Joan. Dragonfly Books, 2000.
- "I Wonder Why I Blink: And Other Questions About My Body," Avison, Brigid. Scholastic, 1993.
- "The Magic School Bus Inside the Human Body," Cole, Joanna. Scholastic Press, 1990.
- "Dem Bones," Barner, Bob. Chronicle Books, 1996.

## Web sites

- Neuroscience for Kids, <http://faculty.washington.edu/chudler/neurok.html>
- American Heart Association, [www.americanheart.org](http://www.americanheart.org)
- PBS Teacher Source, [www.pbs.org/teacher source](http://www.pbs.org/teacher_source)
- Kids Health, [www.kidshealth.org](http://www.kidshealth.org)
- U.S. Department of Agriculture, <http://mypyramid.gov>