

My Body

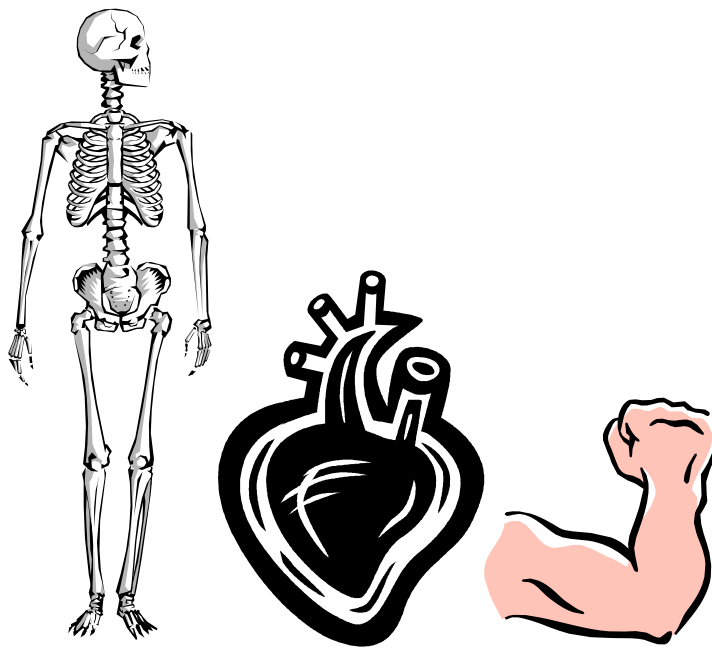


My Health

A Collection of Learning Experiences

My Body Works Together

Student Activity Book



Name: _____

Grade 1

Cattaraugus Allegany BOCES

Development supported by Cornell Cooperative Extension

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BODY PARTS

Cut out the following words and paste them in the correct spot on your body outline.

arm

foot

hand

head

neck

shin

shoulder

thigh

torso

waist

With your group members, complete each phrase below. Write the phrases on your body poster next to the correct body part.

My arm helps me...

I use my foot when...

My fingers on my hand are important because ...

I use my head ...

My neck....

I need my thigh to...

My elbow....

I use my waist when I....

I use my _____ to

BASIC NEEDS

Read the clues in the chart. Write the name of the animal in the chart below.

Clue #1	I live in a den.
Clue #2	I like to eat berries and fish.
Clue #3	I breathe fresh mountain air.
Clue #4	I drink fresh mountain river water.
Clue #5	I have a thick fur coat to keep me warm.
What animal am I?	




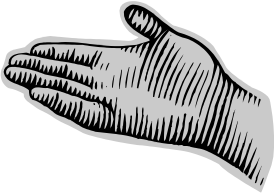

Clue #1	I live in a large body of water.
Clue #2	I eat fish for dinner every night.
Clue #3	I sometimes breathe fresh ocean air.
Clue #4	I never run out of water to drink
Clue #5	I have very shiny slippery skin over fat that keeps me warm.
What animal am I?	

Clue #1	I live in the trees.
Clue #2	I eat a lot of plants.
Clue #3	I breathe warm, humid air.
Clue #4	I drink from rivers near waterfalls.
Clue #5	I have fur to keep me warm in the cool rain.
What animal am I?	

Clue #1	
Clue #2	
Clue #3	
Clue #4	
Clue #5	
What animal am I?	Human

HOW SENSES HELP US

My Senses Tell Me.....

What I can.....	Describe it.....
Hear 	
Smell 	
Taste 	
Touch 	
See 	

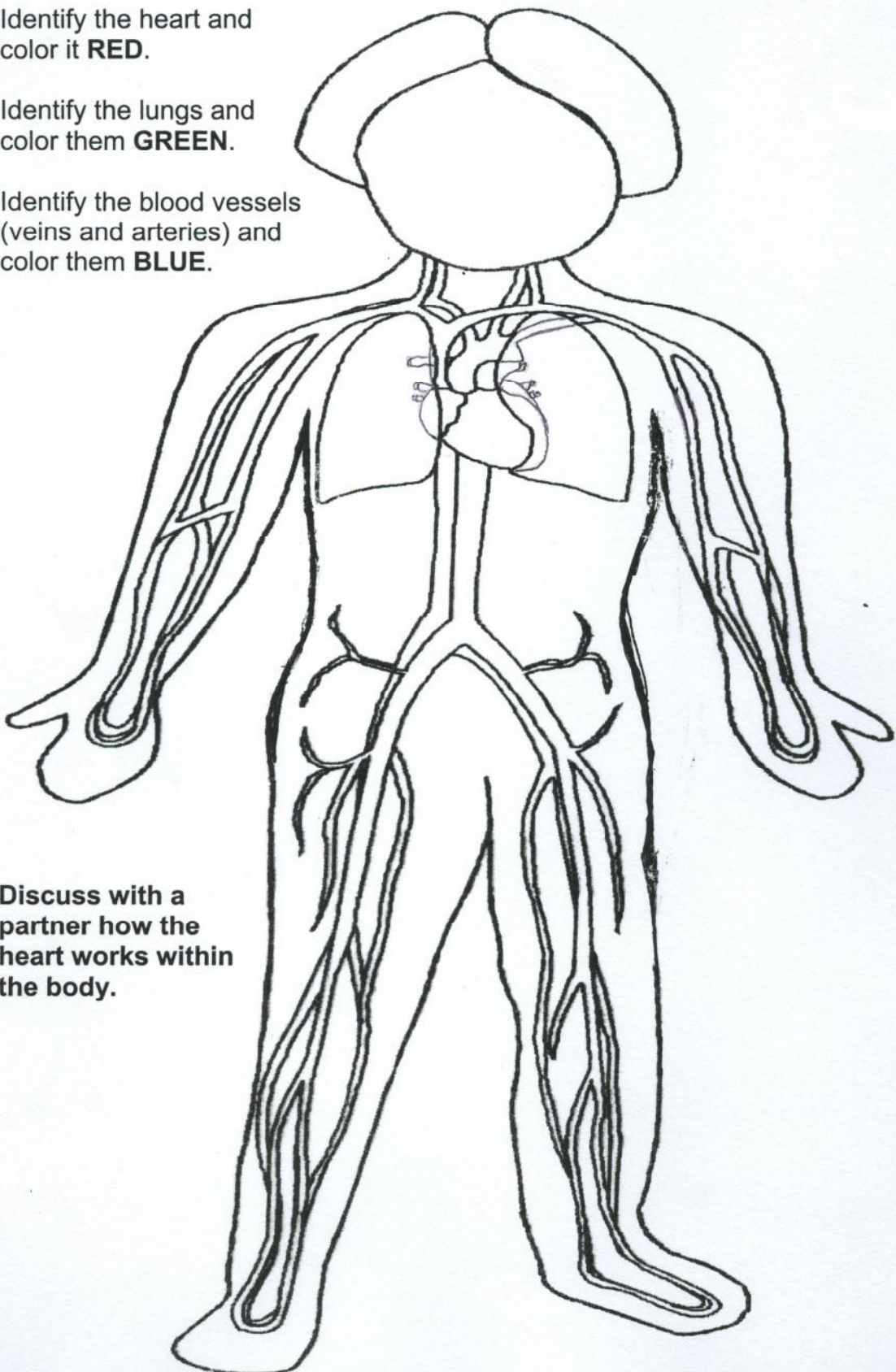
Sense	Organ	How sense helps us...
Hear		
Smell		
Taste		
Touch		
See		

HEART

Identify the heart and color it **RED**.

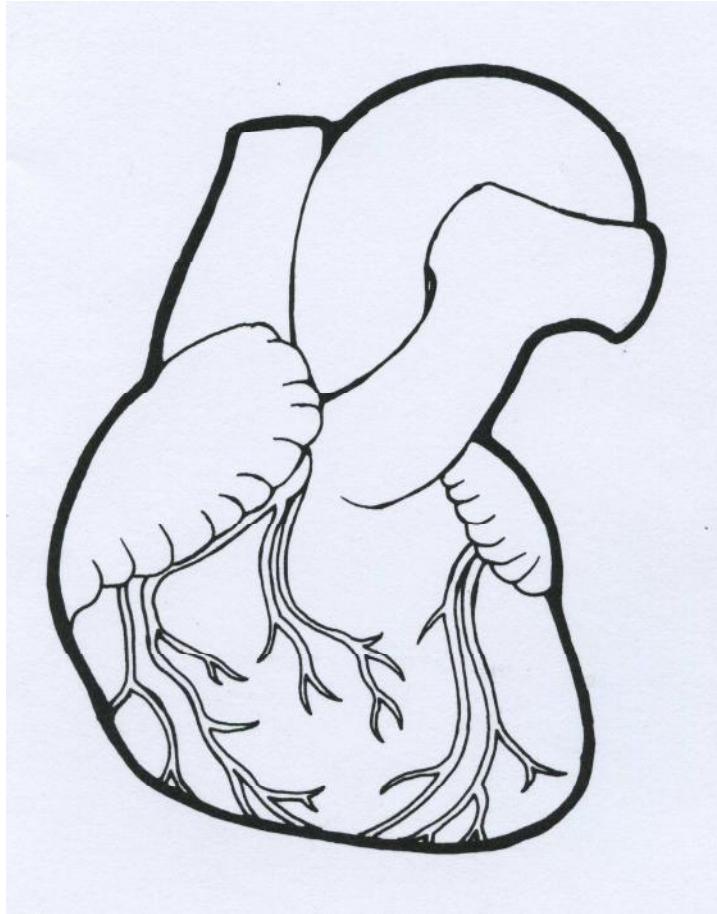
Identify the lungs and color them **GREEN**.

Identify the blood vessels (veins and arteries) and color them **BLUE**.



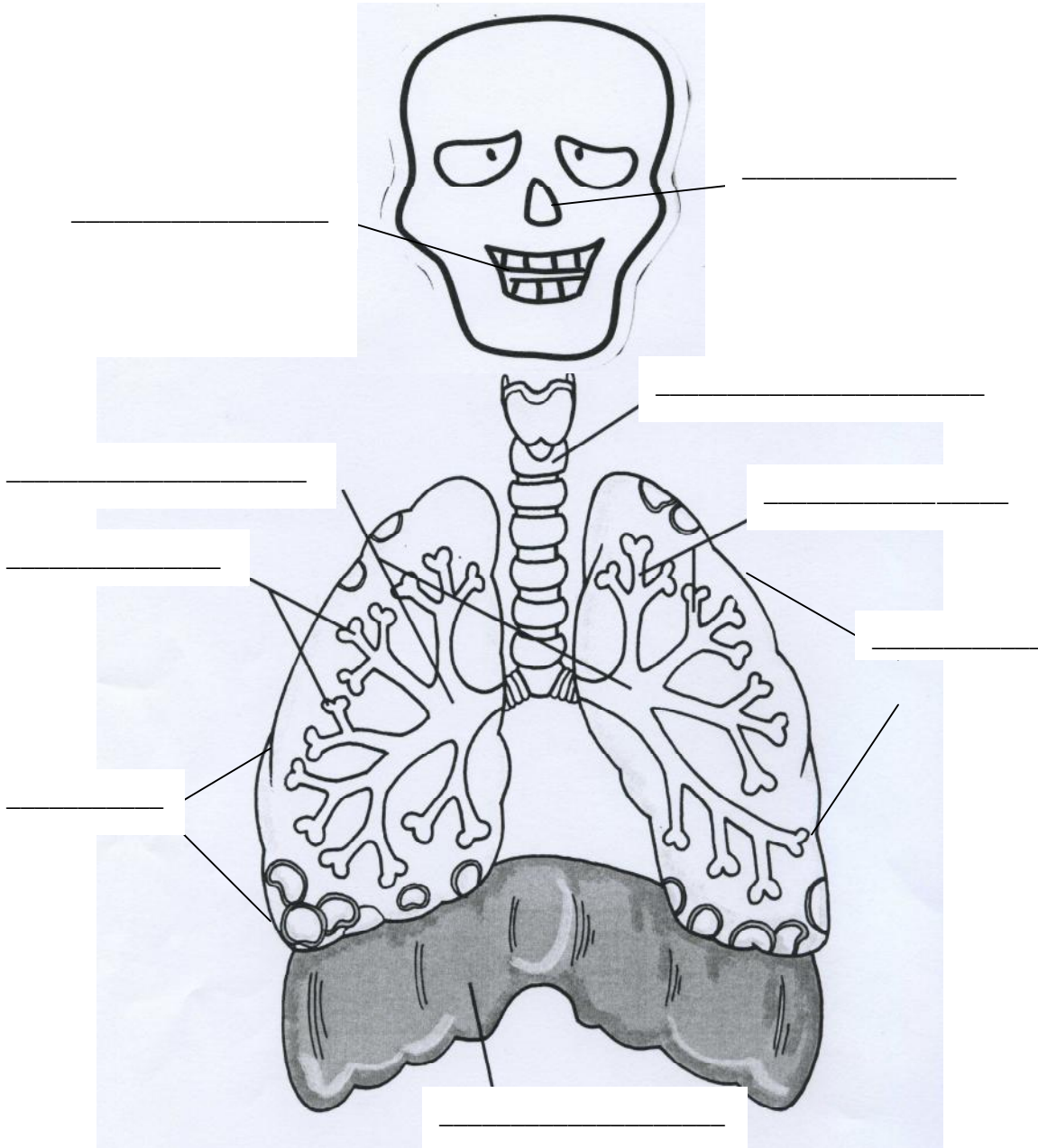
Discuss with a partner how the heart works within the body.

HEART PATTERN



LUNGS

Label the picture of the respiratory system. Use the word bank to help you.

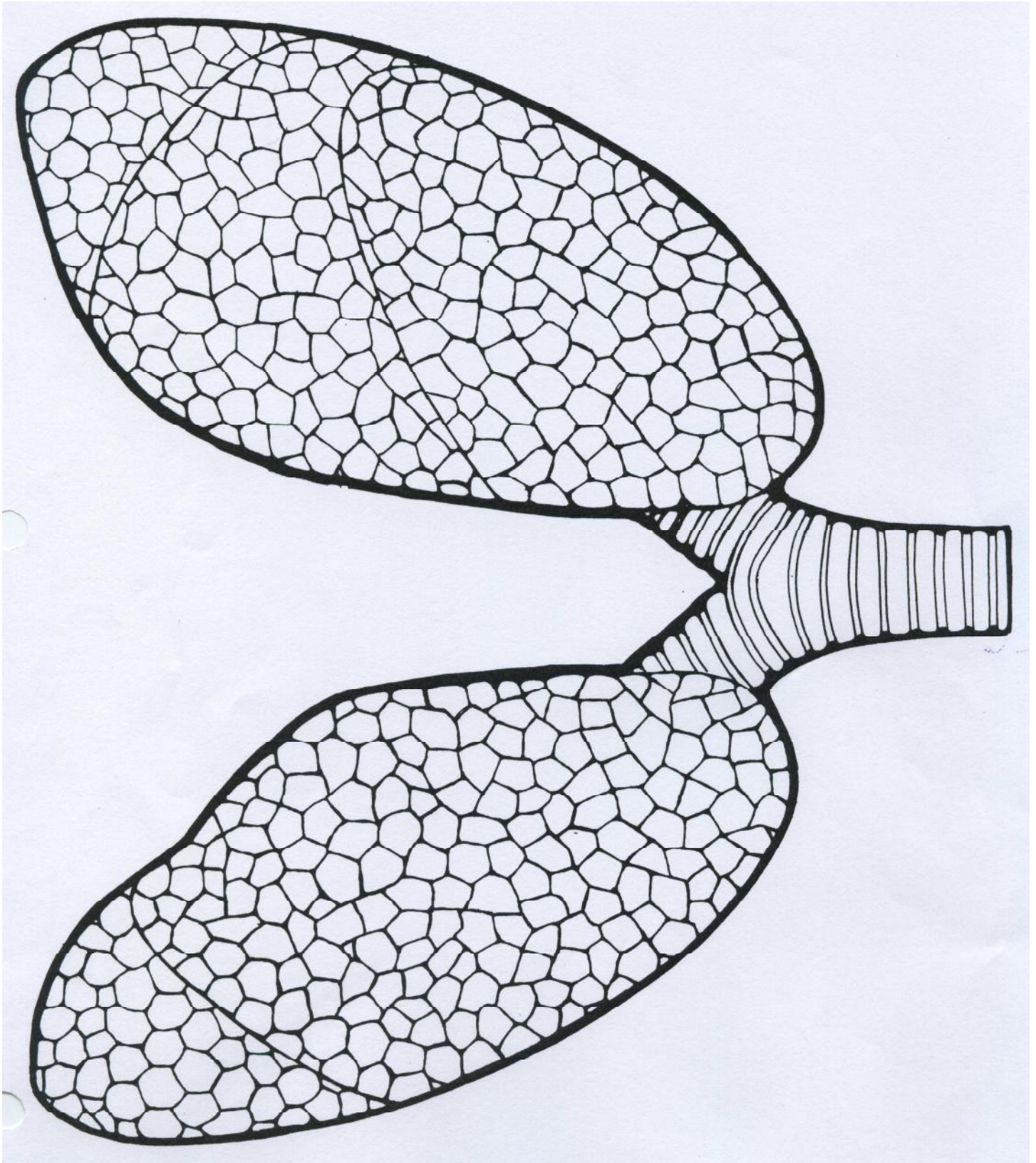


Word Bank

Cut the words out below and paste them in the correct spot on the previous page.

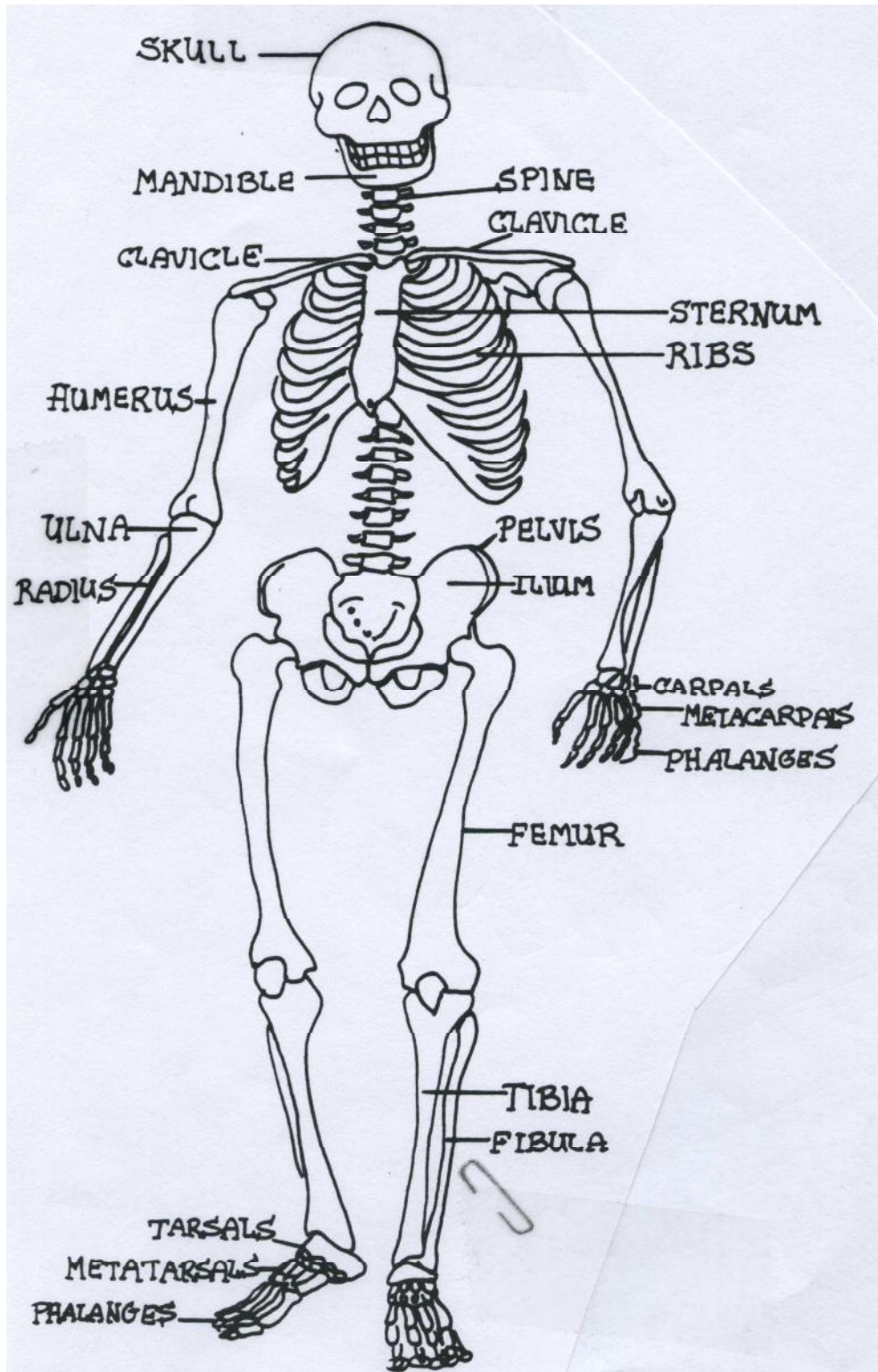
NOSE	MOUTH	WINDPIPE (TRACHEA)
LUNG	LUNG	BRONCHIAL TUBES
BRONCHIOLES	ALVEOLI	DIAPHRAGM

LUNGS AND WINDPIPE PATTERN

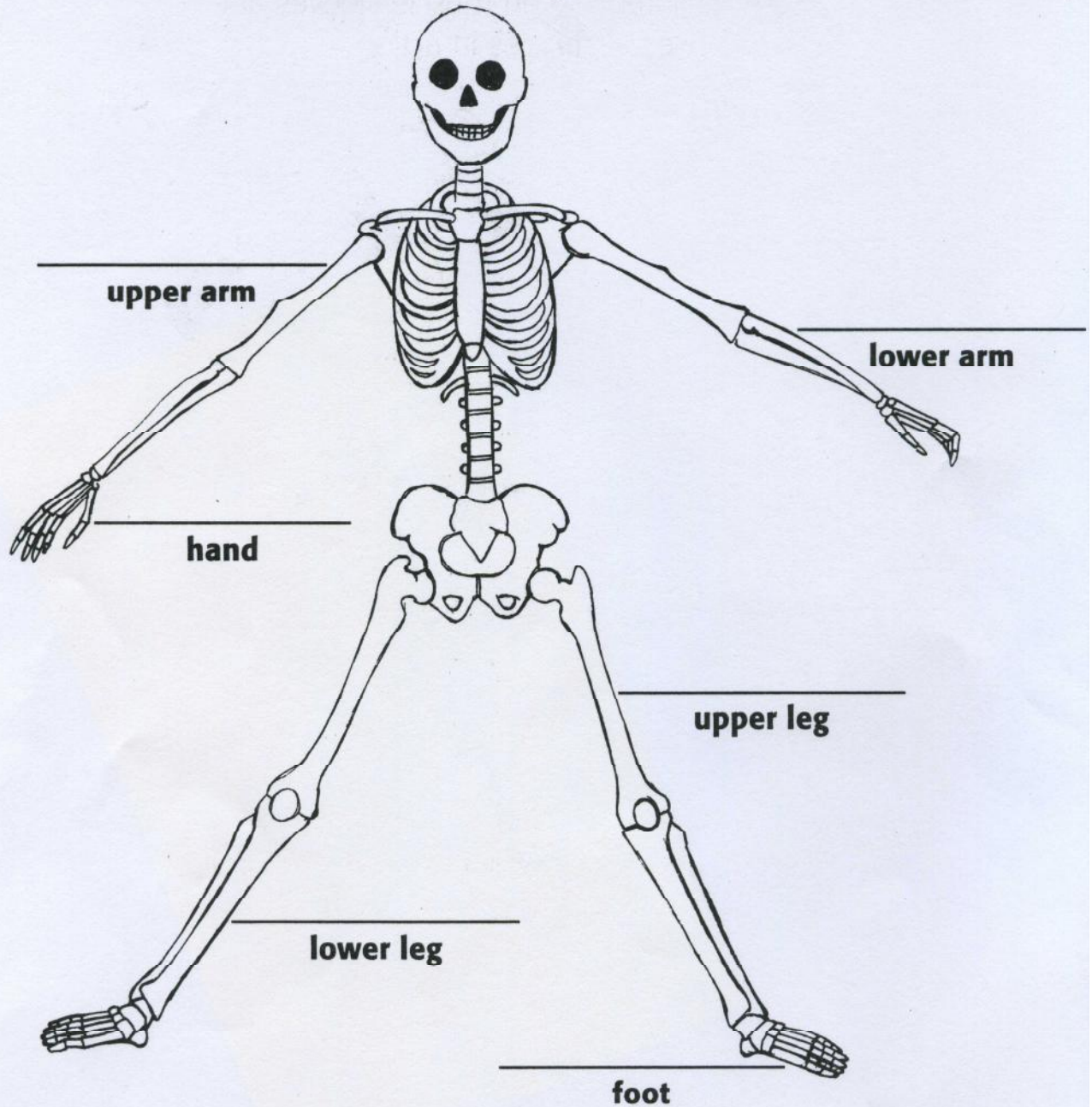


SKELETON

Read the names of the main bones of the skeleton with your teacher. Point to these bones on your body.



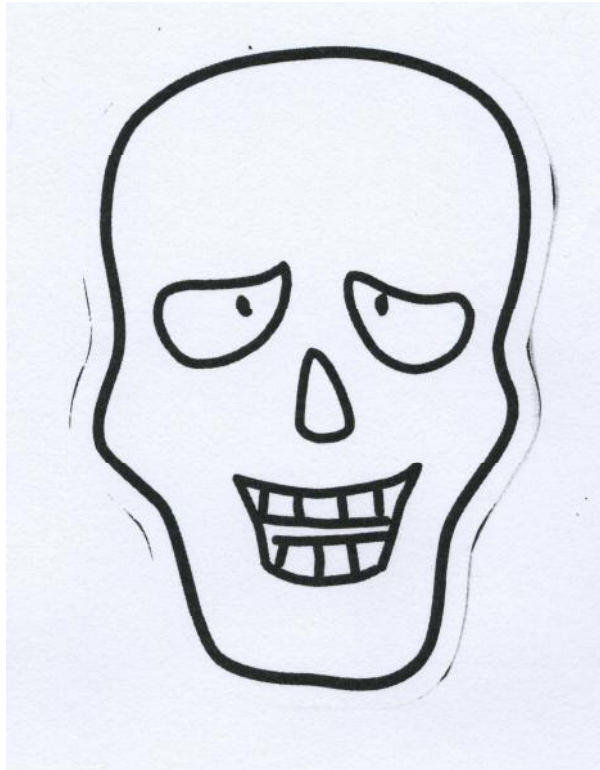
Measure My Bones

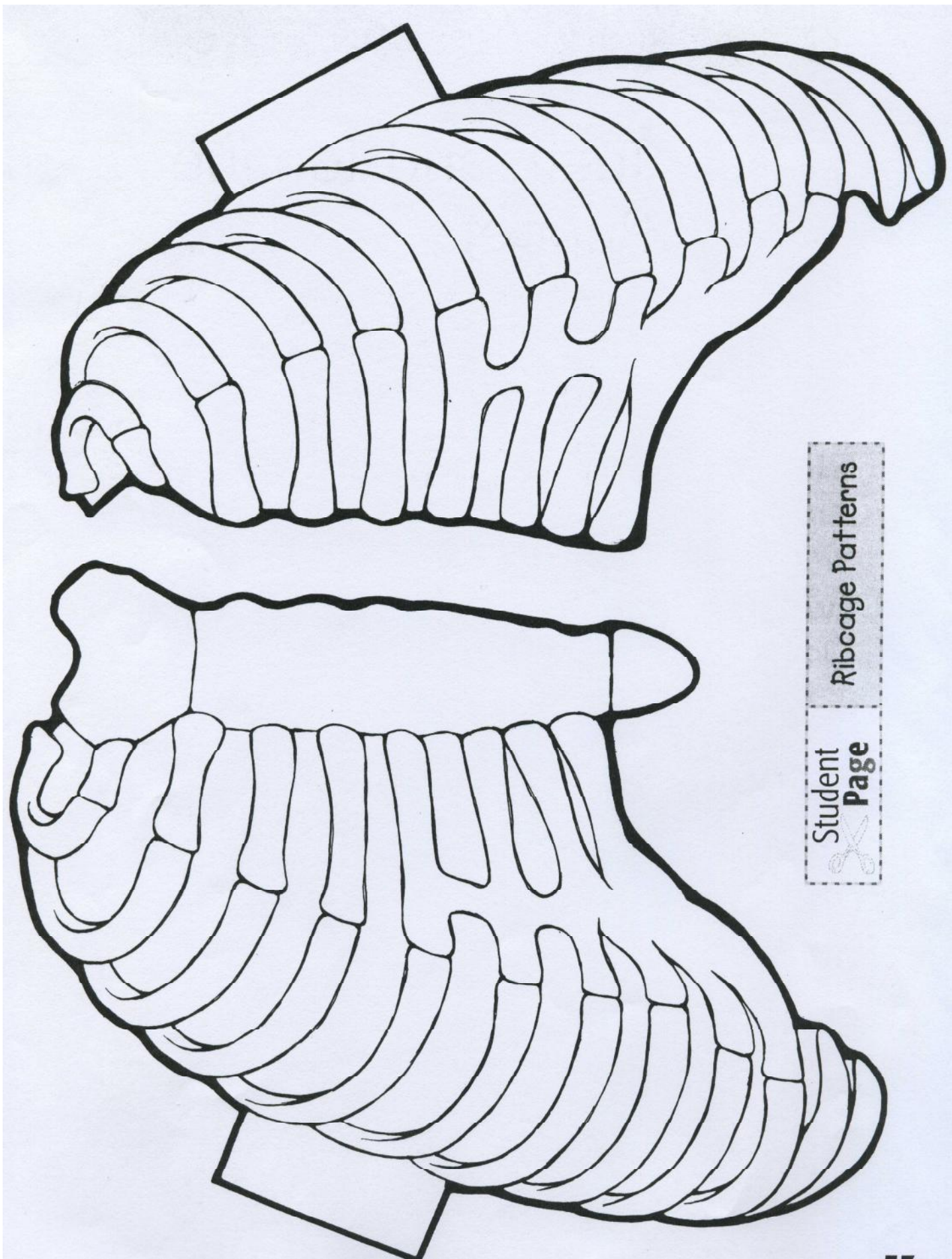


Which is the longest bone you can find? _____

Which is the shortest? _____

HEAD FOR Q-TIP X-RAY





Student  Page
Ribcage Patterns

