

Questacon at HOME

Activity sheet – Inside the Body

Inside the Body

What is inside your body? We have lots of things inside our bodies. There are bones and internal organs like our heart and lungs. Do you ever think about what different organs, like the heart, do? Or what happens to food after we eat it?

You will need:

- A large body sized piece of paper or cardboard, smaller pieces of paper taped together, or a flat bit of concrete.
- Textas, crayons, or chalk
- A book or website with information about the body

Body Diagram:

What to do:

1. Have your child lay down on the paper or concrete and trace around their body.
2. Have a discussion about the different parts of the body including what is inside our bodies. Discover what your child knows and label or add things to your body diagram as you go. You can refer to books or websites to investigate some internal organs that your child might not be familiar with. Discuss what all the different parts of our bodies do.
3. Draw the bones and internal organs inside your body diagram. (Depending on their age, they can just focus on the major internal organs such as the heart, lungs, stomach and intestines etc.)
4. Discuss the different parts of the body as your child draws them. Refer to their actual body to show where the different parts are.
5. Explore what happens to the food we eat. Draw the path that food takes through our body.

What's happening?

Young children are fascinated by their bodies, and creating this diagram helps them to learn how their bodies work.



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Try these other activities:

- Make a puzzle: Draw a second body picture and make it into a jigsaw puzzle by cutting up the drawing into different shapes. See if you can put them back together again!
- Breathe in and out. Where does the air go? Can you hold your breath? Can you use your breath to blow out a candle? What else can you move by blowing air at it?
- Feel your pulse on your wrist or neck. Jump 20 times or run around the yard, then feel your pulse again. Did it get faster? Why? When you exercise your muscles need more oxygen so your heart beats oxygenated blood around your body faster.
- Look at your veins and arteries. The veins in your wrist are the easy to see. What do your veins and arteries do? Veins and arteries help take blood all over your body.

Discover more:

- Watch Questacon's early childhood Science Time *Inside the Body* episode on Questacon's YouTube channel.
- Watch The Magic School Bus episodes *Flexes its Muscles* and *Inside Ralphie* online, through a video streaming network or at Scholastic.
- Watch Nina and the Neurons, season 2 *Brilliant Bodies* online.

