Children are born scientists – they love to explore and discover. There are many activities that you can enjoy doing at home with your little scientist.

**QUESTIONS**

- What is inside our body?
- What do we call all the parts of our body and what do they do?
- Why do we have bones?

**TRY THIS AT HOME**

**Inside Our Body**

See a video demonstration of this Science Time activity at www.questacon.edu.au

**You Will Need**

- A few big sheets of paper or cardboard
- Some textas or crayons
- A book about the human body

**WHAT TO DO**

1. Have your child lie down on a large sheet of paper and trace around their body.
2. This is the outside of their body, now they need to draw the inside!
3. Look in a book about the human body to see the different bones and organs that are inside our body, and talk about them as you draw them.

**WHAT’S HAPPENING?**

By drawing their own body your child can learn a lot about their bones and organs. Where do all the bones go? What do the different organs do? Draw the path that food takes through our body.

**DISCOVER MORE**

Where is your stomach, heart, lungs and brain? What does each of these organs do?

**DID YOU KNOW?**

- Your heart pumps blood around your body. Blood carries oxygen to your muscles. When you exercise, you breathe harder and your heart pumps faster to take more oxygen to your muscles.
- Without bones we would be all floppy like a jelly fish. The head bone is called the skull and it protects our brain just like a bike helmet.
- The biggest bone in our bodies is our thigh bone, also called a femur. Our biggest muscle is in our bottoms, called the gluteus maximus.
- The stomach breaks food down into smaller parts that can pass through the rest of our body easily. A full stomach can be nearly 30 times bigger than when it’s empty.
TRY THESE OTHER ACTIVITIES

• Make a puzzle: Once you have drawn the inside of your body, make it into a puzzle by cutting up the drawing into different shapes. See if you can put them back together again!

• Breathe in and out. 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 then feel your pulse again. Did it get faster?

• Look at your veins and arteries. The ones in your wrist are easy to see. Veins and arteries help take blood all over your body.

SING SONGS

Sing this song with your child. Don’t forget to do the actions!

Heads and shoulders, knees and toes.
Try the following variation as well

Brain and stomach, heart and lungs
Heart and lungs
Heart and lungs
Brain and stomach, heart and lungs
We all clap hands together

READ BOOKS

Have fun finding more at your local library, book store or online book shop.

• The Magic School Bus: Inside the Human Body by Scholastic Publishing

• Uncover the Human Body: An Uncover It Book by Luann Colombo

• DK First Human Body Encyclopedia by DK Publishing

GO ON AN EXCURSION

Go on a body excursion! Here are some suggestions in the Canberra region.

• Mini Q at Questacon and look at the animal x-rays in the vet.

• The Australian Institute of Sport’s Sportex Exhibition www.ausport.gov.au

• Next time you visit the doctor look at their charts and models. They may even let you use their stethoscope.

INVESTIGATE WEBSITES

There are also many websites for children about the body. We suggest you start with:

• Questacon Watch the Science Time Inside Your Body video at www.questacon.edu.au

• The Magic School Bus episodes Flexes Its Muscles and Inside Ralphie www.veoh.com

• Kid info The human body www.kidinfo.com

• Kids health How the body works www.kidshealth.org/kid

www.questacon.edu.au