

Learning how our bodies work

Talk to children about the human body and where parts of their body are. This activity will focus on the lungs, heart and stomach areas.

Resources

- A large piece of strong cardboard
- Three food bags
- Two straws
- Balloon
- Kitchen roll tube
- Sticky tape and scissors
- String
- Book on the human body (or webpage).



Activity outline

1. Use the strong cardboard as a base for the body parts. Start by sticking on the cardboard tube as the oesophagus. Talk to children about how food goes down here, ask 'where does it end up?'
2. Use one of the bags as the stomach and stick it to the end of the tube
3. Next move on to the heart. Partially inflate the balloon (about 1/3 to 1/2 full), tie it off and stick it to the cardboard in the position of the heart. Show children how the heart acts as a pump by squeezing it
4. Now the lungs. Stick the two other bags on the cardboard in the position of the lungs with the tops of the bags at the top. Place the straws inside the bags and seal the bags around them with the tape so no air can escape
5. Fasten string from the top two corners so this can be hung around the child's neck so the body parts are on the front of the child
6. Use the straws to inflate the lungs, place items in the oesophagus so they can go through to the stomach and pump the heart
7. If you wish to make this more realistic you can add pipes with coloured water in the heart balloon, so the children can see how the blood goes round the body with the heart pumping it.

