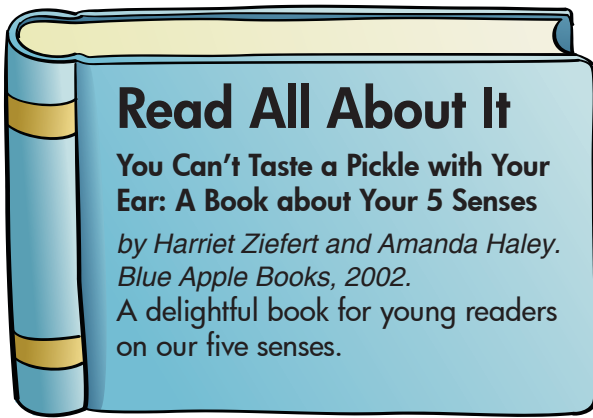


Head to Toe

This month in THE GREAT BODY SHOP, your child will be learning about the parts of the body. Talking about each lesson will help him/her to remember it. The lessons are broken down as follows:

- Lesson 1:** Head to Toe
- Lesson 2:** Blood Goes Around and Around
- Lesson 3:** I Take Good Care of My Body
- Lesson 4:** My Body is Extra Special



Healthy Bodies: Head to Toe

Your child will be learning about different body parts and their function. Spend time talking about healthy things that can be done for the lungs, heart, and brain. When eating healthy foods, like non-fat milk or yogurt, explain that those foods are good for the bones. When taking a walk, explain that the activity is good for the lungs and heart. Take time to identify each healthy habit and the body part that is helped.

Body Part Guessing Game

Here's a game to help your child remember the different functions of each body part.

Look at THE GREAT BODY SHOP to find out what parts of the body were covered in school. Think of one of the "body parts" that was covered. Your child must try to guess the part you are thinking about by finding out what that body part does. He/she is allowed to ask you five questions, which you can only answer with a "yes" or "no." For example, your child might ask: "Is it a bone?" "Is it a muscle?" "Does it help you move?" "Does it help you think?"

Switch roles, and try to guess the "body part" your child is thinking about.

Look What's Hiding:

Color this puzzle and see if you find the 9 hidden body parts?



Answers to What's Hiding

ear, ear (pelvis), eye, hip bone, heart, lungs, ribs, skull, ear