

Know Your **Body**



1

Name of the activity:

MY BODY

Preparation: Draw circles with chalk on the floor depicting various systems of the body like circulatory system, excretory system etc; cards with different organs like heart, kidney etc. (all systems should be covered).

How to do the activity:

- Put all the cards on the table.
- Ask each child to come and pick one card.
- Instruct each child to move in the circle for which they have got the organ as quickly as possible.
- First three children holding cards with organs will be announced the winners.



Learning outcome: Students will get knowledge about various organs and organ systems of the human body and the functions of the organs comprising a particular system in the body.

2

Name of the activity:

HAVE I CHANGED?

(To be done separately for boys and girls)

Preparation: Ask students to bring their old and new photographs.

How to do the activity:

- Divide the children into groups and instruct them to discuss how they have changed in terms of physical appearance and growth.
- Ask them to emphasize that growth is affected by a lot of factors like heredity, eating habits, personal hygiene etc.
- Each group will then present their discussion in front of the class.

The teacher can make up rules for the discussion, like the time available, points to be covered etc.



Learning outcome: Students will be able to understand how their body changes from time to time and what are the various factors that affect its growth and contribute to the changes which they may find awkward or embarrassing at times. But they will understand that it is all a part of growing up.