



LESSON PLAN A

THE AMAZING HUMAN BODY

Time Frame: One 30-minute session

Children will:

- Gain basic knowledge about the human body and how it works
- Learn about the benefits of exercise
- Be inspired to try different kinds of physical activity
- Learn about the parts of the body that benefit from physical activity: our heart, lungs, muscles and bones.
- Be inspired to become more physically active or try new games and activities.
- Hear stories that foster empathy and understanding about physical differences.

Materials:

Books (see book list below)

Overview:

Choose books from this list for read-alouds that tie into your health and wellness curriculum. Children will learn about the human body (our heart, lungs, muscles and bones) and be inspired to be physically active in a variety of ways. Choose from themes like body image and differences to address specific issues as well.

Part A. “Busy Bodies” Book & Discussion

Read *The Busy Body Book* to the class and ask questions to spark discussion. The book provides a wonderful introduction to fitness for kids and makes physical activity a fun topic of conversation!

The Busy Body Book: A Kid’s Guide to Fitness by Lizzie Rockwell

https://www.amazon.com/Busy-Body-Book-Guide-Fitness/dp/0553113747/ref=sr_1_1?ie=UTF8&qid=1528241221&sr=8-1&keywords=the+busy+bodies+book

“Your amazing body can jump, sprint, twist, and twirl. Your body is built to move.”

Lizzy Rockwell explains how your bones and muscles, heart and lungs, nerves and brain all work together to keep you on the go. Kids walk and skate and tumble through these pages with such exuberance that even sprouting couch potatoes will want to get up and bounce around—and that’s the ultimate goal. Experts agree that we need to help kids make physical activity a life-long habit. (Grade Level: Pre-K–2)

Discussion Questions:

Open up the book to the grid that shows children in 40 different activities that promote “busy bodies.” Ask students to identify different activities. Then ask which ones looks fun to them. Ask for a raise of hands for activities they’ve never done before but would like to try.

Then ask some questions, like:

- How many different tag games can you think of?
- Raise your hand if you like jump-rope games. Raise your hand if you'd like to learn one. (Give more examples.)
- What kind of physical activities would you like to do this week?
- Is there a game anyone would like to play with the class at recess?

Part B. Busy Bodies Energy Burst

While students are still inspired, get them up and moving! Read this quote from the book:

"Your amazing body can jump, sprint, twist, and twirl. Your body is built to move." Let's take five minutes to move our bodies. What kind of moves would you like to do?

Give them a choice of movements to do for one minute without stopping. They may a) run in place, b) march in place, c) hop in place or d) a combination of all three. After one minute, ask if the class wants to do another minute.

Then ask a key question: Did they feel more tired before their "energy burst" or after? The amazing thing is: Exercise gives us energy!

Part C. More Amazing Human Body Books

Your Body is Awesome: Body Respect for Children by Sigrun Danielsdottir

https://www.amazon.com/Your-Body-Awesome-Respect-Children/dp/1848192282/ref=pd_bxgy_14_img_2?encoding=UTF8&pd_rd_i=1848192282&pd_rd_r=0956HJBJGX5K7PR91ER0&pd_rd_w=hYAGC&pd_rd_wg=Onked&psc=1&refRID=0956HJBJGX5K7PR91ER0

Bodies do all sorts of amazing things, like move around, grow bigger and heal themselves. Bodies also come in all sorts of shapes and sizes and we need to take care of them so that they stay healthy and strong. If we listen to our bodies, they tell us exactly what they need.

By learning about all the wonderful things bodies can do, and how each body is different and unique, children will be inspired to take good care of their bodies throughout their lives. (Grade Level: Pre-K–2)

Theme: All Shapes and Sizes

Lead a story hour with some books that subtly focus on self-esteem and body image.

Brontorina and *Flora and the Flamingo*:

https://www.amazon.com/Brontorina-James-Howe/dp/0763653233/ref=sr_1_1?s=books&ie=UTF8&qid=1528463296&sr=1-1&keywords=brontorina

When a brontosaurus shows up at ballet class, some of the students insist, "You are too big!" But the open-minded ballet teacher decides the problem is that her studio is too small — and moves the class outdoors. It's a lighthearted lesson about not letting your size or shape prevent you from following your dream. (Grade Level: Pre-K–2)

Flora and the Flamingo by Molly Idle

https://www.amazon.com/Flora-Flamingo-Molly-Idle/dp/1452110069/ref=tmm_hrd_swatch_0?encoding=UTF8&qid=&sr=

This is a wonderful, wordless picture book that shows an encounter between a pear-shaped little girl and a stately flamingo. Suspicious of each other at first, the two get to know each other through imitation and dance. Here's a book video trailer that teachers can check out in advance: <https://www.youtube.com/watch?v=9d3llsrs7tc> (Grade Level: Pre-K–2)

Shapesville by Andy Mills

https://www.amazon.com/Shapesville-Andy-Mills/dp/0936077441/ref=as_li_ss_tl?s=books&ie=UTF8&qid=1496773292&sr=1-1&keywords=shapesville&linkCode=sl1&tag=lottjack-20&linkId=5601f9b37286e45fdcf4283e5e029bcf

This picture book is about five friends who live in a small town. They are all different shapes, sizes, and colors, and each has a unique talent. They encourage children to celebrate their own differences and learn that, "It's not the size of your shape, or the shape of your size, but the size of your heart, and that deserves first prize." Discussion questions and brief information for educators and parents are in the back of the book. Promoting respect for body diversity among children will also encourage kindness and help prevent bullying. (Grade Level: Pre-K–2)

Be Who You Are by Ted Parr

https://www.amazon.com/Who-You-Are-Todd-Parr/dp/0316265233/ref=as_li_ss_tl?s=books&ie=UTF8&qid=1496773263&sr=1-1&keywords=be+who+you+are&linkCode=sl1&tag=lottjack-20&linkId=6a52cf9b1ec25dc099b782cdd9314dd1

Be who you are!

Be proud of where you're from.

Be a different color. Speak your language.

Wear everything you need to be you.

Todd Parr reminds kids that their unique traits are what make them so special. With his signature silly and accessible style, Parr encourages readers to embrace all their unique qualities. (Grade Level: Pre-K)

Family Connection:

Suggested MyPlate Resources for Parents and Caregivers:

- [Physical Activity for Preschoolers](#)
- [Healthy Tips for Active Play](#)
- [10 Tips: Be an Active Family](#)

Standards Alignment:

NAEYC

2.E.04 Children have varied opportunities to (a) be read books in an engaging manner in group or individualized settings at least twice a day in full-day programs and once daily in half-day programs; (g) engage in conversations that help them understand the content of the book.

2.A.10 The curriculum guides teachers to incorporate content, concepts, and activities that foster social, emotional, physical, language, and cognitive development and integrate key areas of content including literacy, science, and health and safety.