



The Human Body

Touch Your Head!

Beginner: Talk about the names of your different body parts. Show parts of your body and then point to the same part on the child.

[Tip]: “This is my nose, and this is your nose.”

Intermediate: Talk about the names of your different body parts. Take turns going over the different parts.

[Tip]: “This is my ear, where is yours?” or “Where is your elbow?”

Experienced: Talk about the names of your different body parts and what each of them can do.

[Tip]: Hands can help us pick things up, legs let us walk and run, eyes let us see the world, your skull protects your brain, your stomach in your tummy helps process the food you eat, and the lungs in your chest help you breathe!

Why is this important? Teaching children the names and functions of their body parts helps them understand their bodies and how to care for and respect them.

References: Goldman, J. D. G., & Torrisi-Steele, G. (2004). Multimedia interactive pedagogies on a cd-rom for teaching primary school children about the human body. *Curriculum and Teaching*, 19(1), 57–81. <https://doi.org/10.7459/ct/19.1.05>

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