

Body Basics with Stuffee©

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Body Basics with Stuffee grades k-2

Lesson information sheet

Lesson Time: 30 minutes

Program Goal: To introduce and explain the importance of the heart, lungs, and stomach, and how to keep each organ healthy.

Learning Objectives:

1. Identify and locate specific organs in the body, the heart, the lungs and the stomach.
2. Identify the function of the heart, the lungs, and the stomach.
3. Identify ways to keep the heart, the lungs, and the stomach healthy.

Lesson Outline:

- I. Introduce and meet Stuffee
 - A. Explain why Stuffee is here
 - B. Show that Stuffee unzips to let us see inside his body
 - C. Explain what organs will be taught: heart, lungs, and stomach
- I. The heart
 - A. description and location
 - B. function/importance
 - C. how to keep healthy
- III. The lungs
 - A. description and location
 - B. function/importance
 - C. how to keep healthy
- III. The stomach
 - A. description and location
 - B. function/importance
 - C. how to keep healthy
- III. Review Activity-What Am I?

Body Basics with Stuffee grades K-2

Suggested lesson strategy

- I. Introduce and meet Stuffee-Today we have a special visitor named Stuffee.
 - A. Stuffee is here to help us learn about our bodies and how to keep them healthy.
 - B. We can't see what is inside our bodies, but Stuffee unzips so we can see what we look like on the inside. *Unzip Stuffee*
 - C. Just like all of us, Stuffee has special body parts called organs that keep him alive. Today we are going to learn about three important organs: the heart, the lungs and the stomach.

- I. The heart-The first organ we are going to learn about is the heart.
 - A. Our heart is inside our chest, slightly to the left. *Have the children put right hand over heart like saying the pledge.* It is the same size as a fist. *Have children make a fist to show size.* Does anyone think they can find Stuffee's heart? *Invite a child to find Stuffee's heart and show it to the class.* Explain that it is not really the shape of a Valentine heart.
 - B. The heart is a very strong muscle that pumps blood with oxygen and nutrients to our head, to our arms, to our legs, and way down to our toes. We can feel our hearts beating or pumping the blood to our body. *Have class put hand over heart to feel beating.* When we go to the Doctor he listens to our heart beating with a stethoscope. Your heart beats one hundred times every minute and it never gets a rest (adult 60-90 beats/min. child 100-120 beats/min.). *Instruct children to make a fist and try to squeeze it a hundred times.*
 - C. Our heart has to work pretty hard to keep us alive. That is why it is so important for us to keep our heart healthy and strong. Stuffee wants you to know that there are three things you should do to keep your heart strong. The first one is exercise every day. Stuffee likes to ride his bike for exercise. What do you like to do for exercise? *Invite students to give answers.* The second thing we should do is eat lots of healthy foods. *Show Stuffee's lunch box.* Stuffee always makes sure to eat good foods like fruits, vegetables, milk and chicken. The third thing is to never start smoking. Smoking makes our heart weak so that it can't pump our blood. Stuffee has told me that he is never going to smoke. Whenever someone asks him if he wants to smoke he always says, "No!"

- I. The lungs-The next organ we will learn about are the lungs.
- A. Our lungs are inside our chest, just underneath our ribs. We have two lungs, one on the right side and one on the left. They are pink and spongy, and each one weighs one pound. *Have the children place hands on chest to show location. I need a volunteer to find Stuffee's lungs. Invite child to find Stuffee's lungs and hold up for class to see.*
- B. Our lungs help us to breathe. The lungs and the heart work together as a team to make sure our bodies get oxygen. When we take a breath our lungs fill up with air, then the air passes into the blood and the heart pumps the blood to all the parts of your body. When we take a breath we can feel our lungs filling up with air. *Have children place hands on chest and take deep breath.*
- C. Stuffee says that you can always keep your lungs healthy if you do one important thing. Does anybody know what that thing is? Don't Smoke! We already know that smoking makes your heart weak. It is also very bad for your lungs. When a person smokes it makes their lungs turn black and hard, instead of pink and spongy. This makes it difficult for the lungs to take in oxygen.
- I. The stomach- Where does food go after we chew and swallow it? *Stomach*
- A. The stomach is a pouch that collects our food after we swallow. It is found on the left side of the abdomen, just below the heart. *Have a student find Stuffee's stomach, show to class.*
- B. The stomach breaks apart the food you eat and takes the energy out to give to your body. This is called digestion. The stomach digests the food by churning and squeezing it. *Ask if anybody has ever heard his or her stomach growling? Explain that sometimes we can hear our stomach digesting our food.*
- C. There are some very important things that you and Stuffee can do to take care of your stomach and keep it healthy. Stuffee always eats foods that are good for him like fruits, grains and vegetables. He also likes to drink lots of water, milk and juice. *Show Stuffee's lunch box. When Stuffee eats he makes sure to eat his food slowly and chews it all up before he swallows. Have the children imagine they are taking a bite of a sandwich or apple. Let them practice eating slowly and chewing their food thoroughly.*
- I. Review activity-Who Am I?
Tell the children they are going to be detectives. You will give them clues about an organ and they will have to figure out which organ you are describing.

Clues are on page 6.

Body Basics with Stuffee grades K-2

Clues for review activity

I am the size of your fist, on the left side of your chest.
I am a hard-working pump, I never get to rest.
Eating good foods, exercising and never smoking help me to feel my best.
Who am I?

I am pink and spongy, of me you have two.
One on each side so you don't turn blue.
Breathing is what I help you to do.
Never start smoking and I'll always be true.
Who am I?

After you eat I am where your food likes to go.
I am a pouch made of muscle you know.
I turn and squeeze your food to and fro.
Keep me healthy by eating good foods nice and slow.
Who am I?

Body Basics with Stuffee grades 3-4

Lesson information sheet

Lesson Time: 45 minutes

Program Goal: To introduce and explain the importance of the heart, lungs, stomach and liver, and how to keep each organ healthy.

Learning Objectives:

1. Identify and locate specific organs in the body, the heart, the lungs, the stomach, and the liver.
2. Identify the function of the heart, the lungs, stomach and the liver.
3. Identify ways to keep the heart, the lungs, stomach and the liver healthy.

Lesson Outline:

- I. Introduce and meet Stuffee
 - J. Explain why Stuffee is here
 - K. Show that Stuffee unzips to let us see inside his body
 - L. Explain what organ will be taught: heart, lungs, stomach, and liver
- II. The heart
 - A. description and location
 - B. function/importance
 - C. how to keep healthy
- III. The lungs
 - A. description and location
 - B. function/importance
 - C. how to keep healthy
- III. The stomach
 - A. description and location
 - B. function/importance
 - C. how to keep healthy
- V. The liver
 - A. description and location
 - B. function/importance
 - C. how to keep healthy
- V. Group review activity-What Am I?

Body Basics with Stuffee grades 3-4

Suggested lesson strategy

- I. Introduce and meet Stuffee-Today we have a special visitor named Stuffee.
 - A. Stuffee is here to help us learn about our bodies and how to keep them healthy.
 - B. We can't see what is inside our bodies, but Stuffee unzips so we can see what we look like on the inside. *Unzip Stuffee*
 - C. Just like all of us, Stuffee has special body parts called organs that keep him alive. Today we are going to learn about three important organs: the heart, the lungs and the stomach.
- I. The heart-The first organ we are going to learn about is the heart.
 - A. Our heart is inside our chest, slightly to the left. *Have the children put right hand over heart like saying the pledge.* It is the same size as a fist. *Have children make a fist to show size.* Does anyone think they can find Stuffee's heart? *Invite a child to find Stuffee's heart and show it to the class.* Explain that it is not really the shape of a Valentine heart.
 - B. The heart is a very strong muscle that pumps blood with oxygen and nutrients to our head, to our arms, to our legs, and way down to our toes. The heart is divided into four chambers that help it pump. The chambers on the right pump the blood to the lungs to pick up oxygen. The chambers on the left pump the blood to the other organs and body parts. We can feel our hearts beating or pumping the blood to our body. This is called a pulse. You can feel your pulse at your neck or at your wrist. *Instruct the children to find their pulse (count pulse for one minute optional).* Your heart beats one hundred times every minute and it never gets a rest (adult 60-90 beats/min. child 100-120 beats/min.). *Instruct children to make a fist and try to squeeze it a hundred times in a minute.*
 - C. Our heart has to work pretty hard to keep us alive. That is why it is so important for us to keep our heart healthy and strong. There are three things you should do to keep your heart strong. The first one is **exercise every day**. Stuffee likes to ride his bike for exercise. What do you like to do for exercise? *Invite students to give answers.* The second thing we should do is eat lots of healthy foods. *Show Stuffee's lunch box.* Stuffee always makes sure to eat good foods like fruits, vegetables, milk and chicken. The third thing is to never start smoking. Smoking makes our heart weak so that it can't pump our blood. Stuffee has told me that he is never going to smoke. Whenever someone asks him if he wants to smoke he always says, "No!"

- I. The lungs- The next organ we will learn about are the lungs.
- A. Our lungs are inside our chest, just underneath our ribs. We have two lungs, one on the right side and one on the left. They are pink and spongy, and each one weighs one pound. *Have the children place hands on chest to show location. I need a volunteer to find Stuffee's lungs. Invite child to find Stuffee's lungs and hold up for class to see.*
- B. Our lungs help us to breathe. The lungs and the heart work together as a team to make sure our bodies get oxygen. When we take a breath our lungs fill up with air, then the air passes into the blood and the heart pumps the blood to all the parts of your body. When we take a breath we can feel our lungs filling up with air. *Have children place hands on chest and take deep breath to feel chest expand.*
- C. You can always keep your lungs healthy if you do one important thing. Does anybody know what that thing is? Don't Smoke! We already know that smoking makes your heart weak. It is also very bad for your lungs. When a person smokes it makes their lungs turn black and hard, instead of pink and spongy. This makes it difficult for the lungs to take in oxygen.
- I. The stomach- Where does food go after we chew and swallow it? *Stomach*
- A. The stomach is a pouch that collects our food after we swallow. It is found on the left side of the abdomen, just below the heart. *Have a student find Stuffee's stomach, show to class.*
- B. The stomach breaks apart the food you eat and takes the energy out to give to your body. This is called digestion. The stomach digests the food by churning and squeezing it. *Ask if anybody has ever heard his or her stomach growling?* Explain that sometimes we can hear our stomach digesting our food.
- C. There are some very important things that you can do to take care of your stomach and keep it healthy. Stuffee always eats foods that are good for him like fruits, grains and vegetables. He also likes to drink lots of water, milk and juice. *Show Stuffee's lunch box. When Stuffee eats he makes sure to eat his food slowly and chews it all up before he swallows. Have the children imagine they are taking a bite of a sandwich or apple. Let them practice eating slowly and chewing their food thoroughly.*
- I. The liver- The last organ that we will learn about is the liver.
- A. The liver is one of the largest organs in your body. It is dark brownish red in color and can be found on the right side of your abdomen. *Have the children place hand on right side of abdomen to show location. Now that you've found your liver, let's find Stuffee's liver. Ask a student to find Stuffee's liver, show to class. Some people like to eat liver for dinner.*

B. The liver is an organ that we don't hear much about, but it is very important. The liver is a giant storage unit that holds useful nutrients for the body. It releases those nutrients when the body needs them. The liver also helps the body get rid of poisons or toxins like alcohol.

C. The best thing we can do to take care of the liver is to not drink alcohol. If we drink beer or wine our liver has to work really hard to get rid of it. Too much beer or wine could cause permanent damage to the liver. Stuftee wants to remind you that you should always say, "NO" whenever someone asks you to drink alcohol.

I. Review activity-Who Am I?

Split the class into groups of 3 or 4. Each group will need at least one glue stick and one pair of scissors. Hand out the clues and blank "Who am I?" sheet. It is the students' job to match the clues to the right organ. They do this by cutting out the clues and pasting them under the correct organ. When the groups have completed the task go over the correct answers.

I help you to breathe.

Keep me healthy by exercising every day, eating healthy foods, and never smoking.

I come in a pair, one in each side of your chest.

I pump blood to your whole body.

I am a storage unit. I store nutrients and then release them when the body needs them.

I am found on the left side of your abdomen.

I remove toxins such as alcohol from your body.

Keep me healthy by chewing slowly and by eating nutritious foods.

I am the size of your fist.

After you swallow your food comes to me.

The best way to keep me healthy is not to drink alcohol.

I am a pouch made of muscle.

I am found on the right side of your abdomen.

When you take your pulse you can feel me working.

I am pink and spongy.

I digest your food into energy for you whole body.

I can be permanently damaged if you drink too much alcohol.

Keep me healthy by not smoking.

Who Am I?

Heart

Lungs

Stomach

Liver

Who Am I?

Heart

Keep me healthy by exercising every day, eating healthy foods, and never smoking.

I pump blood to your whole body.

I am the size of your fist.

When you take your pulse you can feel me working.

Lungs

Keep me healthy by not smoking.

I am pink and spongy.

I come in a pair, one on each side of your chest.

I help you breathe.

Stomach

I digest your food into energy for your whole body.

I am found on the left side of your abdomen.

Keep me healthy by chewing slowly and by eating nutritious foods.

After you swallow your food comes to me.

I am a pouch made of muscle

Liver

I can be permanently damaged if drink too much alcohol.

I am found on the right side of your abdomen.

The best way to keep me healthy is to not drink alcohol.

I remove toxins such as alcohol from your blood.

I am a storage unit. I store nutrients and then release them when the body needs them.

