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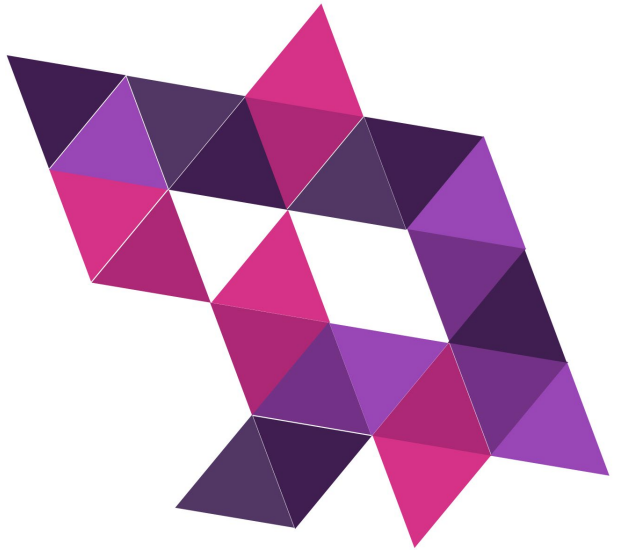
Taking care of myself



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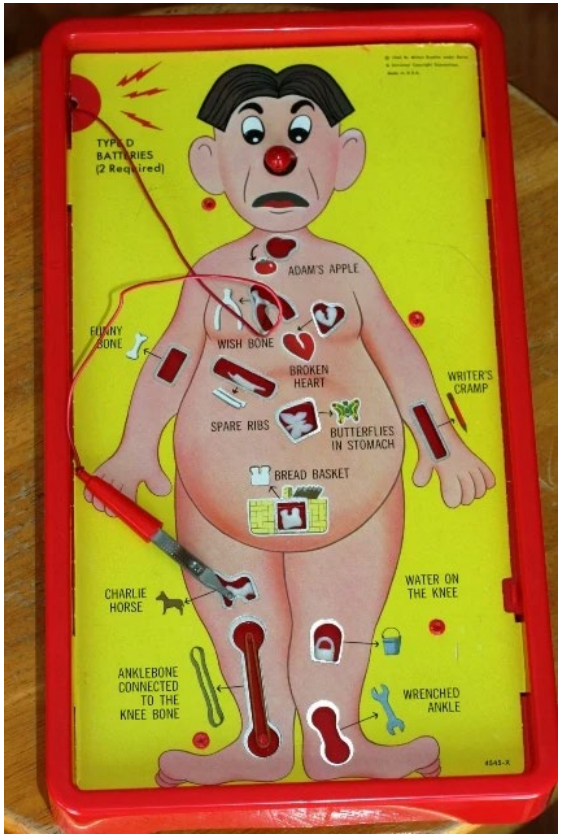
What are we going to do today?

- Learn about the human body
- Know more about body systems
- Make circuits
- Have fun!

Operation time!



Activity 1

“Guess the body part”

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Is the human body incredible?

- What do we have inside?
- How that works?
- How is that connected?

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“Guess the body part” worksheet

Guess the body part

Write the body part here	Hint	Person Who Can Help	Food Good for the Body Part
	Regular exercise strengthens it and improves blood circulation.	Cardiologist	Oats, salmon, avocado
	Twisting or straining can cause injury and difficulty to walk	Orthopaedic Surgeon	Bananas, leafy greens
	Eating junk food causes indigestion and pain.	Gastroenterologist	Bananas, yogurt
	Need proper care to avoid injury, and consuming foods rich in calcium	Orthopaedic Surgeon	Milk, sardines, broccoli
	Overuse can cause strain and possible wrist pain.	Physical Therapist	Eggs, sweet potatoes
	Keeping these muscles strong and flexible is important to avoid injury and cramps	Physical Therapist	Bananas, sweet potatoes
	Mental exercises keep it sharp and good sleep.	Neurologist	Blueberries, walnuts

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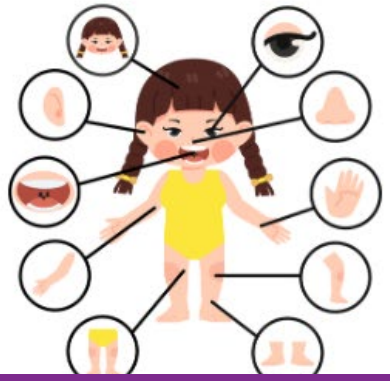

Activity 2

“Exploring body systems and conditions”

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Exploring body systems and conditions

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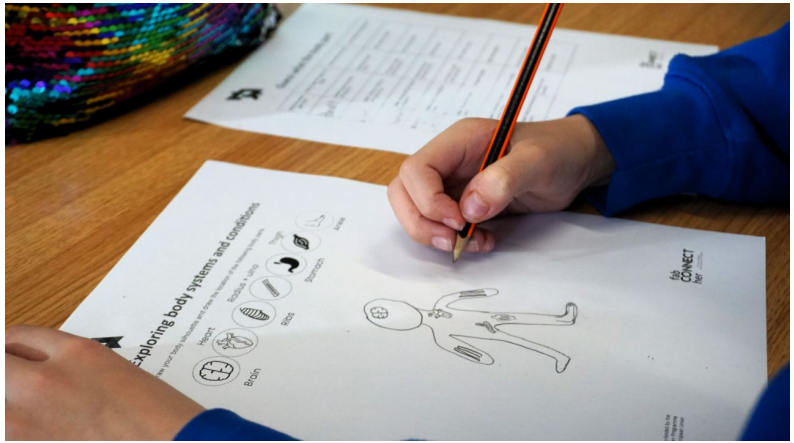
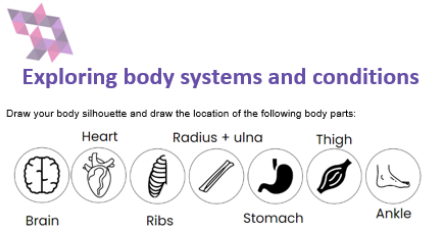
Exploring body systems and conditions





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Human body diversity

- Prosthetic limb
- Assistive devices (Hearing aid)
- Glasses
- Mole or birthmarks
- Pacemark
- Braces
- Adaptive Equipment (wheelchair or mobility aids).
- Else?

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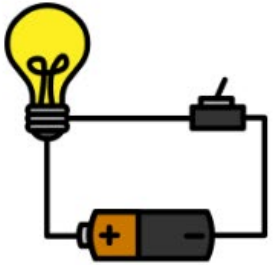
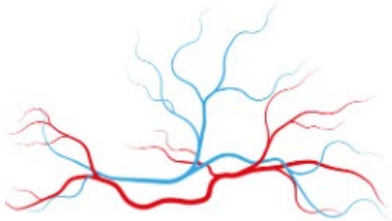
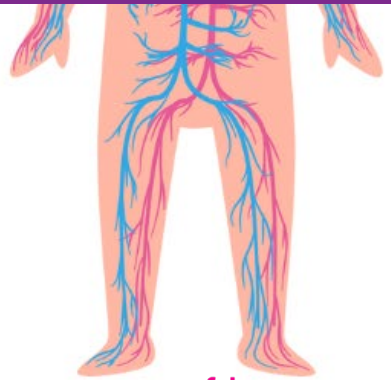


Activity 3

“Our body is a circuit”





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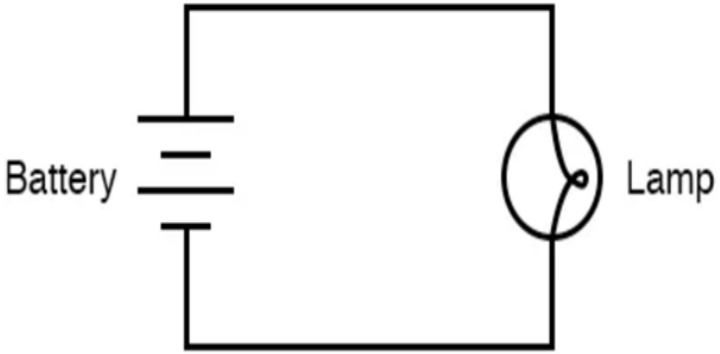
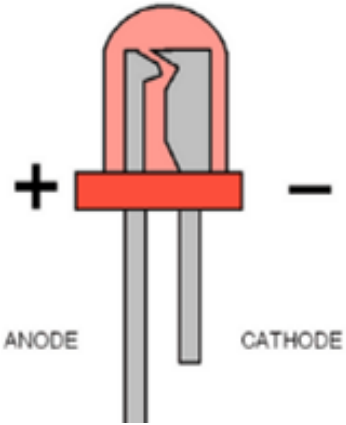
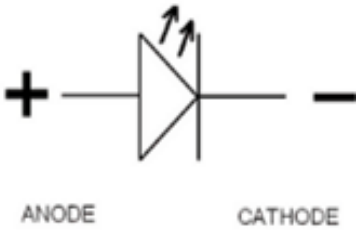
How to make a circuit?





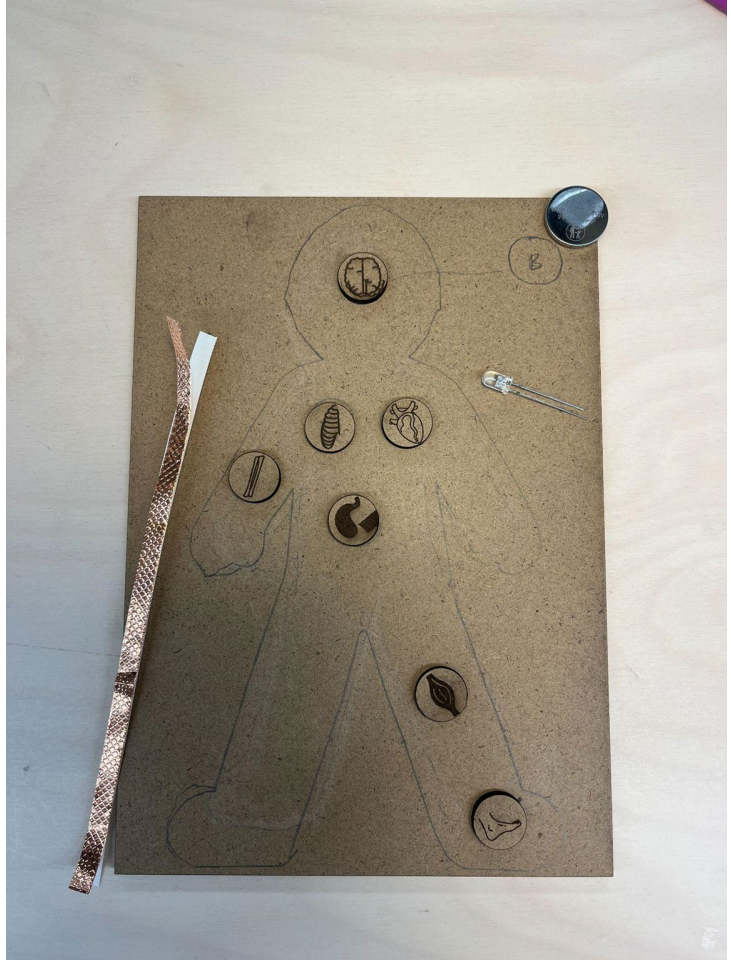


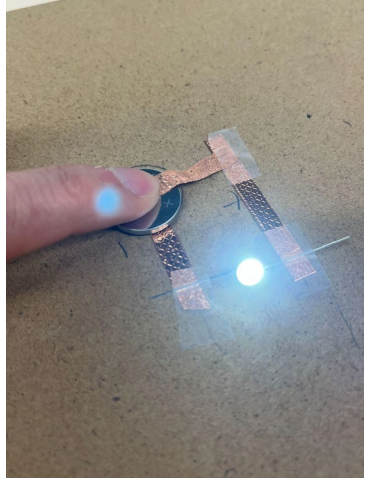
Long leg

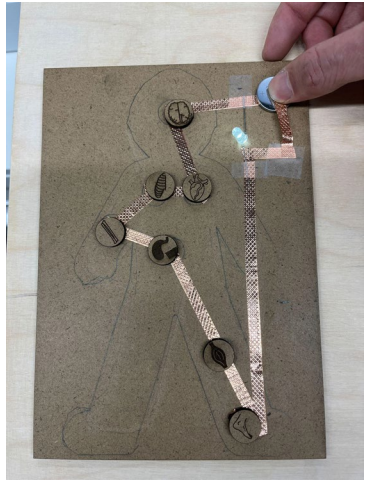
Materials

1. Precut body and organs
2. Coin cell battery
3. LED
4. Conductive tape
5. Pencil
6. Paper sheet

Connecting the body

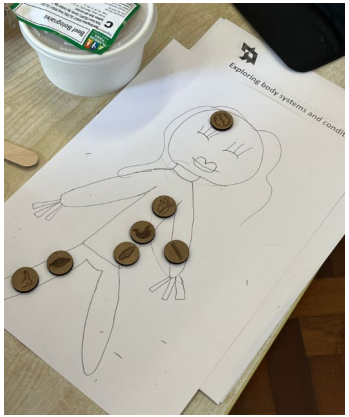


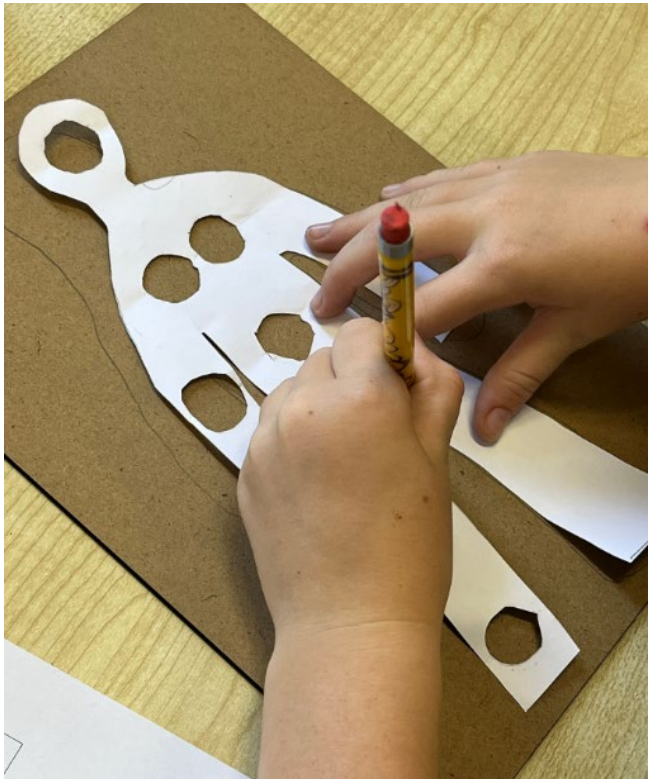




Making the body circuit

Transfer Your Body Silhouette:
Draw and cut your body stencil or pre-cut stencil to trace your body silhouette onto the MDF board.

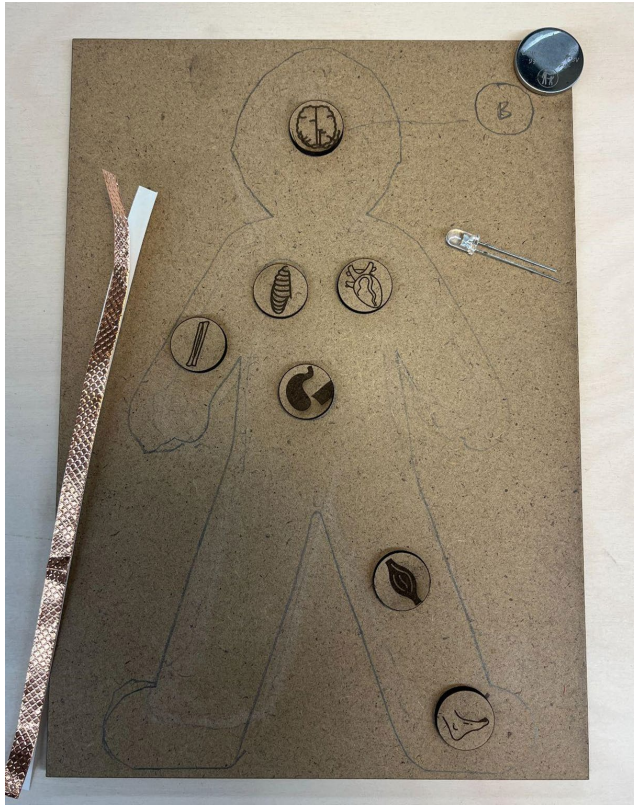


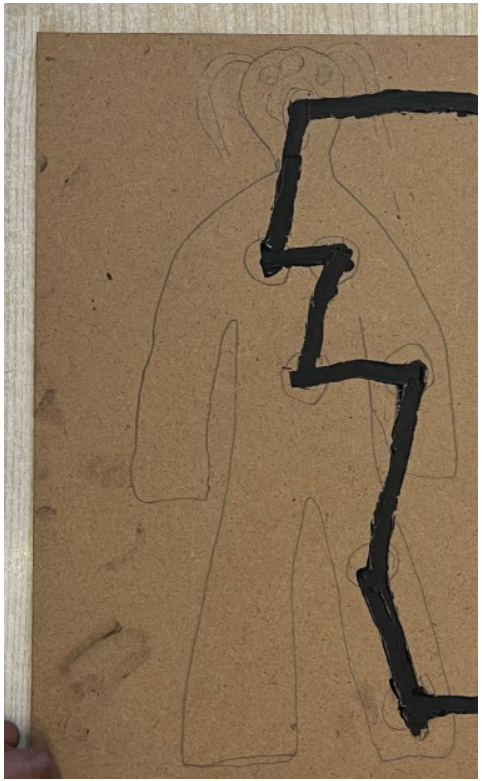


Making the body circuit

Position the Organs:
Place the organ tokens on top of the silhouette to mark where each organ will go.

Draw a small circle at each organ's location to show its position, and a circle for the battery at the top right side of the board.





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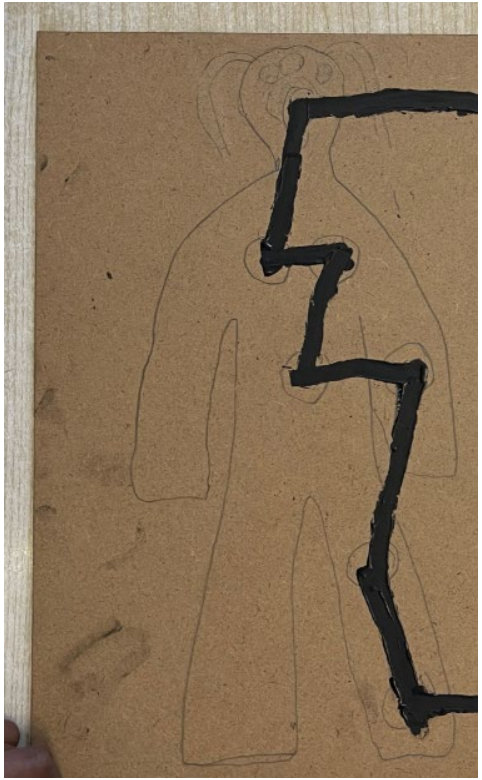
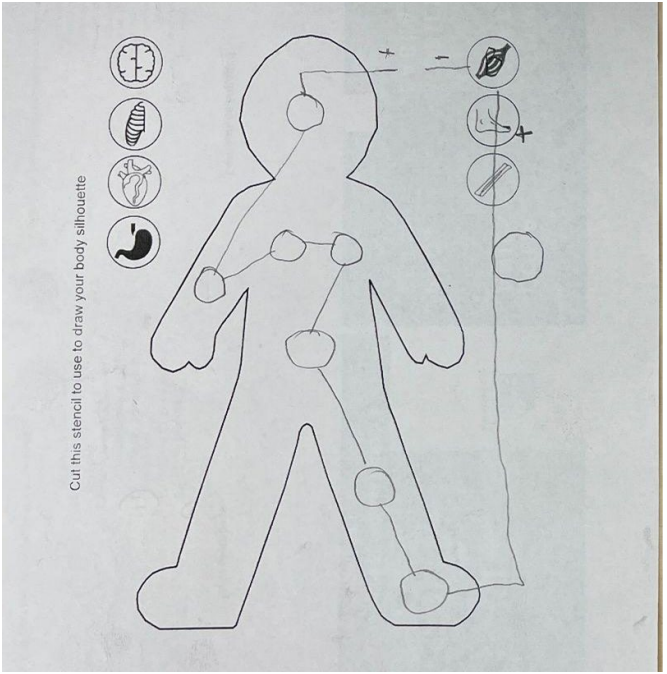
Making the body circuit

Draw the Circuit Path:
Remove the organ tokens. Using a pencil, draw a line that starts outside the body, connects the brain, moves down through the body to the ankle, and then exits to connect the battery.

This line represents the circuit wire.





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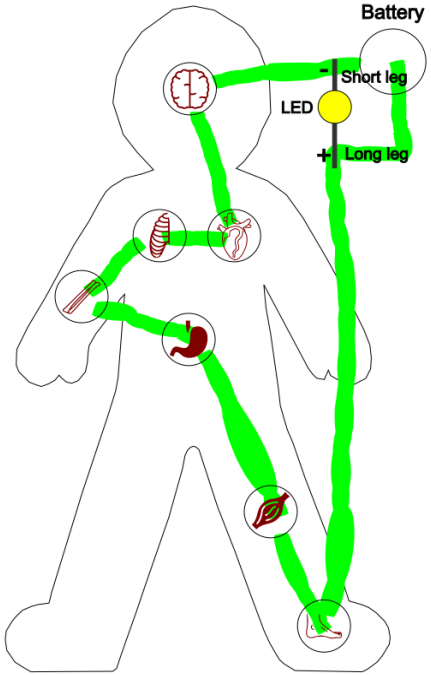
Making the body circuit

Tape the Circuit Path:
Cut pieces of conductive tape and carefully stick them along the line you drew. This tape will act as the wire to connect all the body parts.

Check the circuit example if needed.



Circuit example

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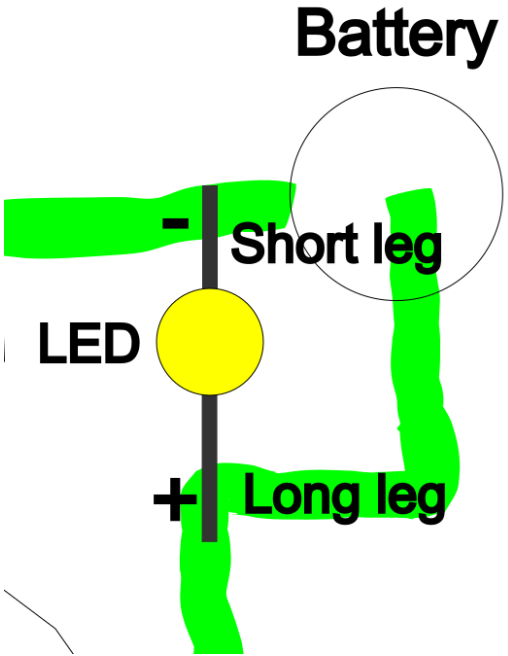
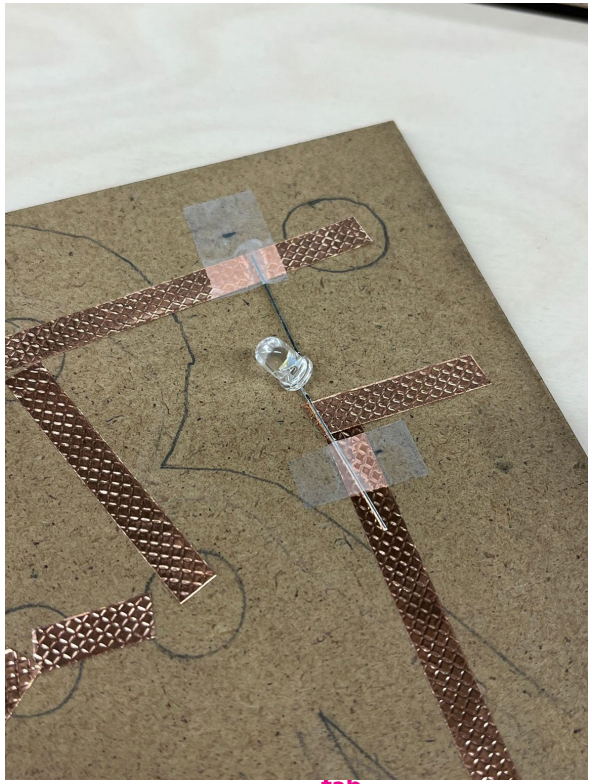
Making the body circuit

Attach the LED:
Take the LED and gently bend its legs so they can connect to the circuit. Remember, one leg connects to the "+" path and the other to the "-" path.





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Making the body circuit

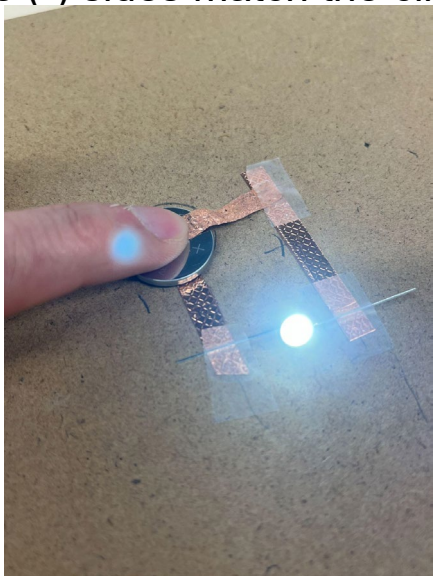
Create a Battery Switch:

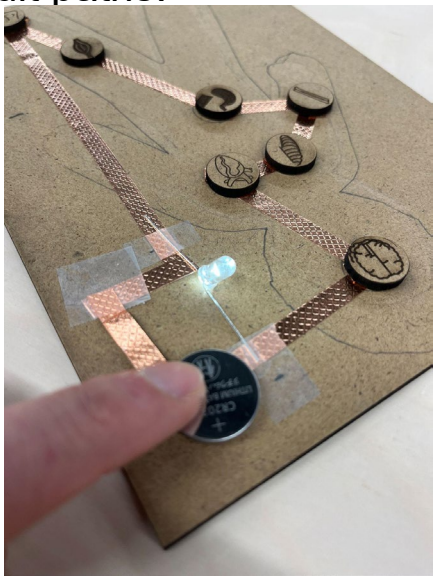
Fold a small piece of conductive tape to create a simple switch for the battery

Making the body circuit

Place the Battery:

Position the coin cell battery at the end of the circuit, making sure the positive (+) and negative (-) sides match the circuit paths.

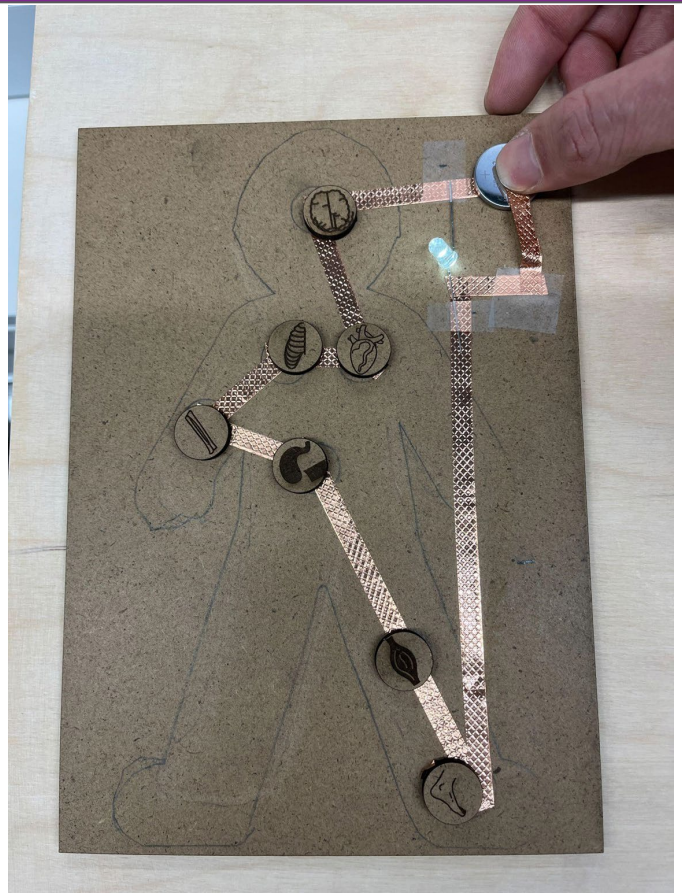


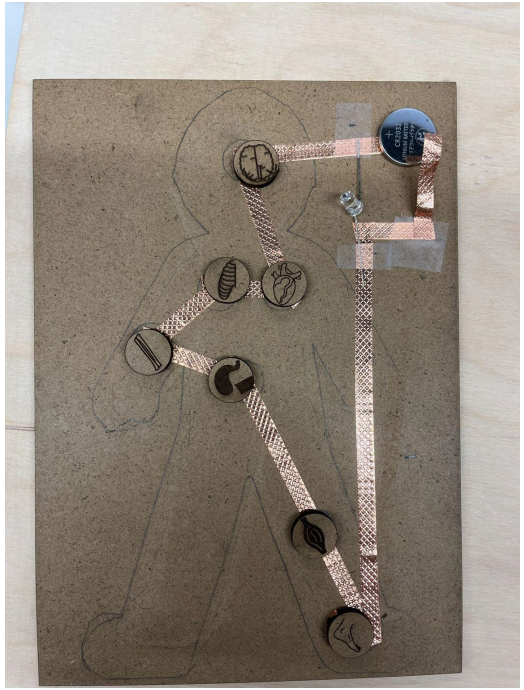


Making the body circuit

Test Your Circuit:
Press the tape switch to complete the circuit and see if the LED lights up.

If it doesn't, check your connections and try again.





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Wrap up and reflection

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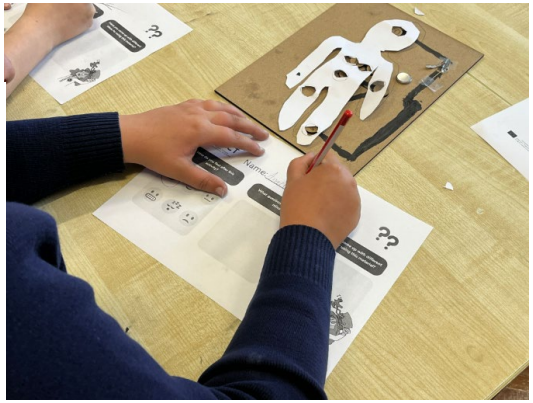
Name_____

How did you feel doing this activity? What was your favorite part?	Is there anything you're still wondering about or want to know more about?	Can you think of fun or new ways to use these tools or materials for other things?
		



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