



## **Peek at the Week** **Explorations of the Body for Grades 1-2**

Learn your insides from your outsides, what goes in, and eventually comes out! Learn how everything comes together to make your body work! Here's your peek at the week:

**Day 1, Insides:** How do we move? What keeps us going? Explore the heart, the hardest working muscle in the body. What is blood made of? Find out what makes bones strong and how muscles work together to produce movement!

**Day 2, Outsides:** Discover the largest organ of the human body...our skin! Learn how many layers it has and how each is important! Learn about hair and nails and why they just keep growing and growing!

**Day 3, From Outside to Inside:** Why do we need to bring stuff like food and air into our bodies? To keep us alive, of course! Learn how your lungs and digestive system works! Explore the five senses – what are they? How do they help us bring information from the outside to the inside of our bodies?

**Day 4, From Inside to Outside:** Think about all the gross things that leave our bodies! Explore each one and even make a few! Learn why some body processes are gross but necessary!

**Day 5, Healthy Living:** Why do we have to sleep? What makes a food healthy or unhealthy? Can foods affect the health of our teeth? Find out and explore how exercise keeps our bodies healthy!