



Movin' and Groovin' Explorations of the Body for Grades K-1

Discover how our senses work and find out what balance has to do with the brain, while exploring healthy living, fitness and movement. Here's your peek at the week:

Day 1, Five Senses: Hearing? Smelling? Taste and touch? Don't forget seeing! Explore the five senses, what they are and where they are on the body! Experience each one as we test them and experience what it would be like without them!

Day 2, Insides: Explore your insides and discover how your heart, lungs, muscles, and bones work together to produce movement! See how the stomach works to break down the food we eat! Make a life size model of your body and the organs within it!

Day 3, The Brain: The brain is our command center! Discover the lobes and hemispheres of the brain. Learn what a neuron is and how they are involved in everything we do! Find out what protects our brains and design your own egg drop helmet!

Day 4, Healthy Living: How does what we eat affect our bodies? Is sleeping really that important? Why do we wash our hands even when they don't look dirty? Find out how all of these influence the health of our bodies!

Day 5, Fitness and Movement: Get moving! Learn about different types of exercise and discover why we need regular exercise! Determine an active from a non-active activity!