

Student Name: _____

Class: _____

Due Date: _____

Introduction and Instructions

Welcome to the Introduction to Body Awareness homework sheet! This activity is designed to help you learn about your body and develop healthy habits. Please follow the instructions carefully and have fun!

1. Read each question and activity carefully.
2. Use colors, drawings, and writing to complete the activities.
3. Ask for help if you need it.
4. Have fun learning about your body!

Activity 1 - Body Parts Identification

Draw a picture of yourself and label the different body parts. Can you label at least 10 different body parts?

Head: _____

Eyes: _____

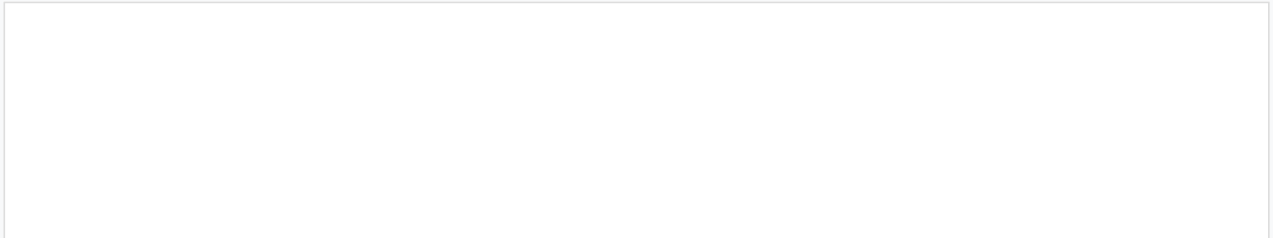
Nose: _____

Mouth: _____

Arms: _____

Legs: _____

Other body parts: _____



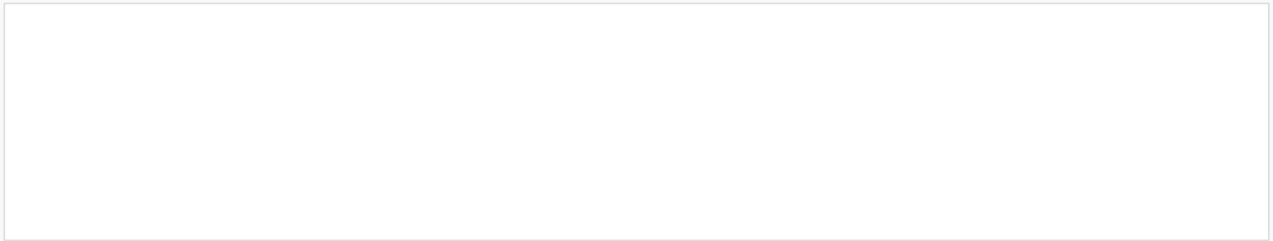
Activity 2 - Healthy Habits

Draw a picture of something you do to keep your body healthy. Can you think of at least 3 healthy habits to draw?

Healthy habit 1: _____

Healthy habit 2: _____

Healthy habit 3: _____

A large, empty rectangular box with a thin black border, intended for drawing a picture of a healthy habit.

Activity 3 - Body Awareness Sentence

Write a sentence about something you learned about your body today. Can you use at least 5 words to describe something about your body?

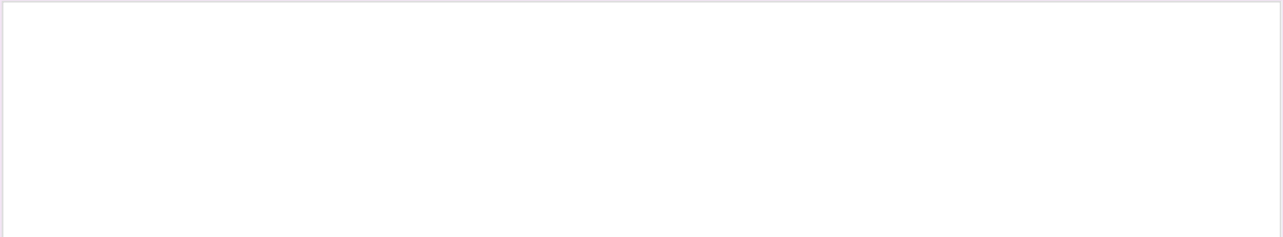
Extension Activity - Body Systems

Research and draw a picture of the different systems in the human body. Can you label at least 3 different systems and explain their functions?

System 1: _____

System 2: _____

System 3: _____



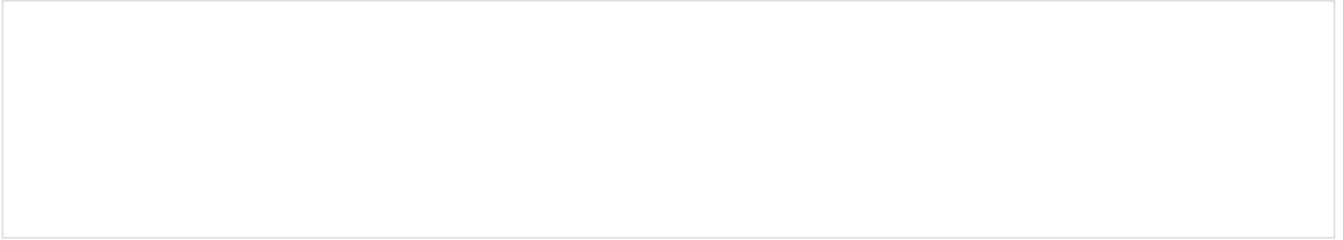
Extension Activity - Healthy Habits Chart

Create a chart or graph to track your healthy habits for a week. Can you think of at least 5 healthy habits to track and create a chart to display your progress?

Healthy Habit	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Conclusion and Reflection

What did you learn about your body today? What was your favorite activity? Draw a picture or write a sentence about what you learned.

A large, empty rectangular box with a thin black border, intended for a student to draw a picture or write a sentence about their learning.

Additional Resources

Here are some additional resources to help you learn more about your body:

- Books: "The Human Body Book" by DK Publishing, "Body Parts" by Roger Priddy
- Websites: National Geographic Kids, Kids Health
- Videos: Crash Course Kids, SciShow Kids

Glossary

Here are some key terms related to body awareness:

- Body parts: head, eyes, nose, mouth, arms, legs, etc.
- Healthy habits: exercise, eating nutritious food, getting enough sleep, etc.
- Body systems: skeletal, muscular, nervous, circulatory, etc.

Answer Key

Here are the answers to the activities:

- Activity 1: Head, eyes, nose, mouth, arms, legs, etc.
- Activity 2: Healthy habits such as exercise, eating nutritious food, getting enough sleep, etc.
- Activity 3: Sentence about something learned about the body today.