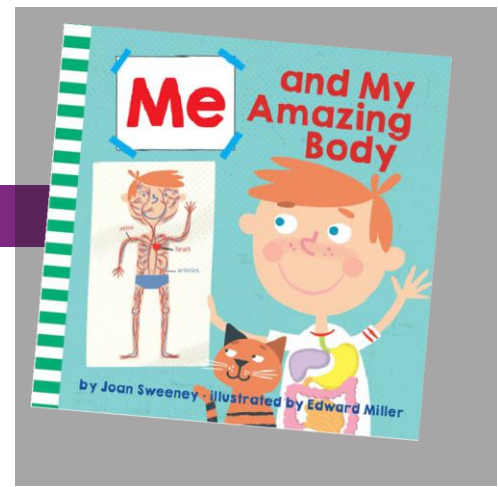


Me and My Amazing Body



A RIF GUIDE FOR EDUCATORS

Themes: Anatomy, Health, Wellness

Book Brief: From your head to your toes and everything in between, this playful introduction to anatomy explains all the important parts of your body.

Author:
Joan Sweeney

Illustrator:
Edward Miller

TIME TO READ!

BEFORE WE READ LET'S LOOK AT...



The Cover: Show students the cover and read aloud the title. Ask students to make predictions about what the book will teach us.

Prior Knowledge: Ask, "What are some body parts that we can see? What are some body parts that we cannot see?" Encourage students to point to the location on their body when applicable.

Vocabulary: This story will introduce and define many terms that make up our body's anatomy. Take some time to ensure that students know that our *anatomy* is what is inside of our bodies and cannot be seen with our eyes.

Purpose for Reading: "As we read, pay attention to how these different parts of our body help us live."

WHILE WE READ

COMPREHENSION QUESTIONS (LEVELS 1-4)

- **Level 1:** When a new body part is introduced, tell students to point to it on the page or on their own body.
- **Level 2:** Is this body part on the inside or the outside of our body?
(Students may use a hand gesture or body movement to show understanding of inside or outside.)
- **Level 3:** How does this part help the other parts of our body?
- **Level 4:** What would happen if we did not have [insert body part]?

LET'S THINK ABOUT

Ask, "What is something new that you learned about inside your body? How do these different parts help us live?"

BOOK ACTIVITY:

Drawing Inside Our Bodies

Materials: roll of butcher paper, crayons/pencils/markers

Have several children lay down on the paper and trace around their bodies. As you do this you can talk about who is tallest, how many arms and legs, etc. Then, using the book as a guide, have your students draw the insides of the body (e.g., bones, muscles, organs). As they are drawing, encourage talk by asking questions such as, "What body part are you drawing?" "What does it do?" "How does it help the other body parts?" This is a great opportunity to assess what information students learned from the read aloud. Afterwards, you can label the body parts as a class and hang up your bodies for a classroom display.

