SCIENCE · HUMAN BODY · GRADES K–1

Parts of the Body

Label the head, arm, hand, leg, knee and foot with a word bank, then trace a sentence.

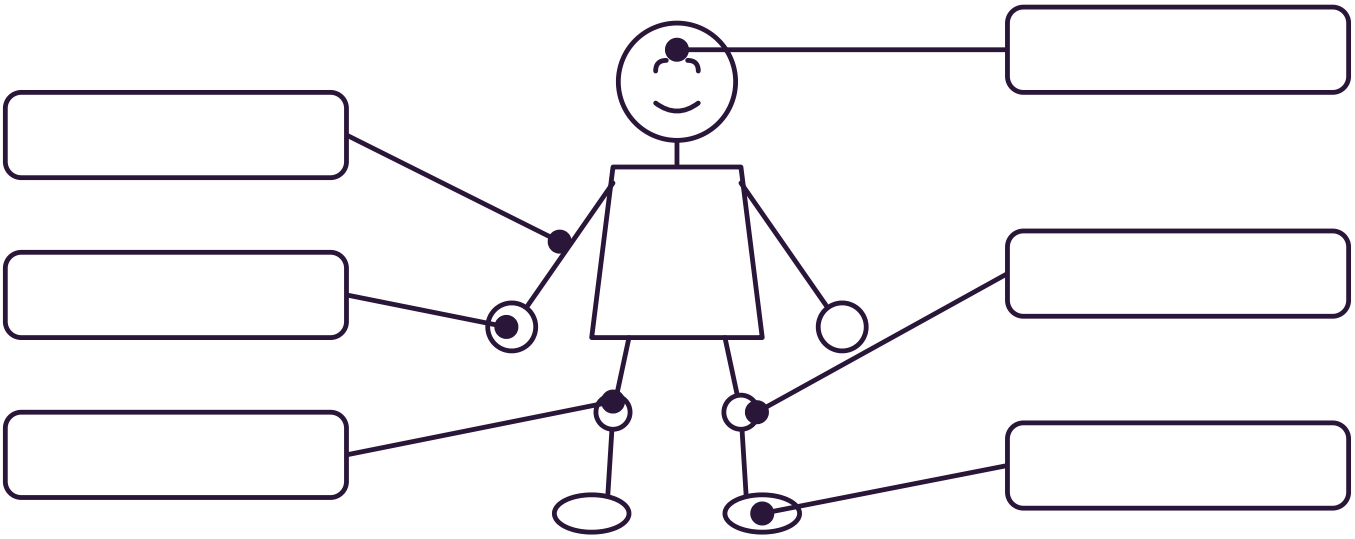
Name: _____ **Date:** _____



Word bank

head | arm | hand | leg | knee | foot

Write the name of each body part.



Trace the sentence.

I take care of my body.

Art © Kevin Coulston

SCIENCE · HUMAN BODY · GRADES 1–3

My Bones

Match the skull, ribs, spine and femur to their jobs, then mark six bone facts true or false.

Name: _____ **Date:** _____



You have **206 bones**. Together they are your **skeleton**. Bones hold you up, let you move and protect the soft parts inside you.

1. Draw a line from each bone to its job.

skull ●	● holds you up and lets you bend
ribs ●	● protects your brain
spine (backbone) ●	● the longest, strongest bone, in your leg
femur (thigh bone) ●	● protect your heart and lungs

2. Circle True or False.

Bones are alive and can grow.	True	False
A broken bone can heal itself.	True	False
Babies have fewer bones than grown-ups.	True	False
Milk and cheese have calcium that makes bones strong.	True	False
Your skull is made of one single bone.	True	False
Bones meet at joints like your elbow and knee.	True	False

Art © Kevin Coulston

SCIENCE · HUMAN BODY · GRADES 2–3

Organs and Their Jobs

Fill in the brain, heart, lungs, stomach and bones in five sentences, then draw where your heart is.



Name: _____ **Date:** _____

Word bank

brain · heart · lungs · stomach · bones

Fill in the missing organ.

1. Your _____ pumps blood around your whole body.
2. Your _____ fill with air every time you breathe in.
3. Your _____ thinks, remembers and tells your body what to do.
4. Your _____ mixes up food so your body can use it.
5. Your _____ hold you up and protect your organs.

Draw yourself. Mark your heart with a red X and your lungs with blue.

Put your hand on your chest. What do you feel? What do you hear?

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SCIENCE · HUMAN BODY · GRADES K–2

Healthy Habits

Color the healthy habits and put an X on the rest, then write your own healthy habit.



Name: _____ **Date:** _____

Color the healthy habits. Put an X on the others.

brush your teeth	candy for breakfast	drink water	stay up all night
run and play	never wash hands	eat vegetables	sit still all day
sleep 10 hours	skip breakfast	wash your hands	eat fruit

One healthy habit I will do this week:

_____

_____

Draw yourself doing it.

Art © Kevin Coulston

SCIENCE · HUMAN BODY · GRADES 2–3

Feel Your Heartbeat

Count your pulse sitting still, after jumping jacks and after a rest, then explain what changed.



Name: _____ **Date:** _____

Find your pulse: press two fingers on the inside of your wrist, just under your thumb, or on the side of your neck. Each bump is one heartbeat. Count the beats for 15 seconds, then multiply by 4.

I predict my heart will beat fastest after _____

What I did	Beats in 15 seconds	× 4 = beats per minute
Sitting still		
10 jumping jacks		
1 minute of running in place		
Resting for 2 minutes after		

Conclusion: when did your heart beat fastest? Why do you think your heart speeds up when you move?

_____

_____

_____

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ANSWER KEY · HUMAN BODY · GRADES K–1

Answer Key: Parts of the Body

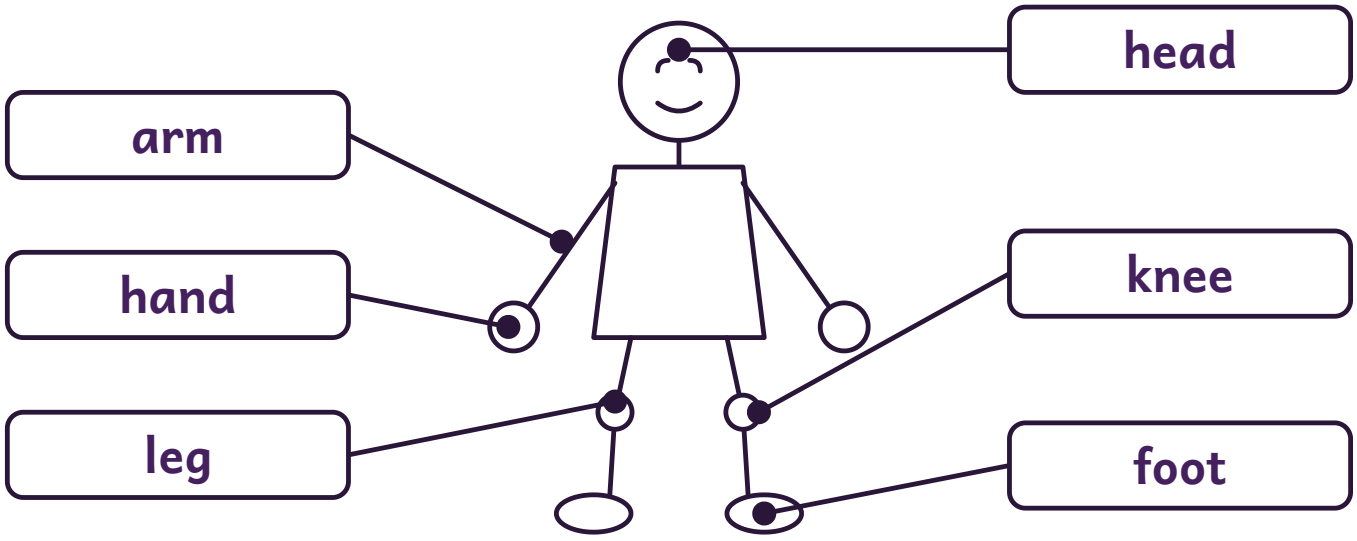
Answers for grown-ups. Some questions have more than one good answer.



Word bank

head | arm | hand | leg | knee | foot

Write the name of each body part.



Trace the sentence.

I take care of my body.

Art © Kevin Coulston

ANSWER KEY · HUMAN BODY · GRADES 1–3

Answer Key: My Bones

Answers for grown-ups. Some questions have more than one good answer.



You have **206 bones**. Together they are your **skeleton**. Bones hold you up, let you move and protect the soft parts inside you.

1. Draw a line from each bone to its job.

skull	protects your brain
ribs	protect your heart and lungs
spine (backbone)	holds you up and lets you bend
femur (thigh bone)	the longest, strongest bone, in your leg

2. Circle True or False.

Bones are alive and can grow.	**True** / False
A broken bone can heal itself.	**True** / False
Babies have fewer bones than grown-ups.	True / **False**
Milk and cheese have calcium that makes bones strong.	**True** / False
Your skull is made of one single bone.	True / **False**
Bones meet at joints like your elbow and knee.	**True** / False

Art © Kevin Coulston

ANSWER KEY · HUMAN BODY · GRADES 2–3

Answer Key: Organs and Their Jobs

Answers for grown-ups. Some questions have more than one good answer.



Word bank

brain · heart · lungs · stomach · bones

Fill in the missing organ.

1. Your **heart** pumps blood around your whole body.
2. Your **lungs** fill with air every time you breathe in.
3. Your **brain** thinks, remembers and tells your body what to do.
4. Your **stomach** mixes up food so your body can use it.
5. Your **bones** hold you up and protect your organs.

Draw yourself. Mark your heart with a red X and your lungs with blue.

Put your hand on your chest. What do you feel? What do you hear?

Art © Kevin Coulston

ANSWER KEY · HUMAN BODY · GRADES K–2

Answer Key: Healthy Habits

Answers for grown-ups. Some questions have more than one good answer.



Color the healthy habits. Put an X on the others.

brush your teeth	~~candy for breakfast~~	drink water	~~stay up all night~~
run and play	~~never wash hands~~	eat vegetables	~~sit still all day~~
sleep 10 hours	~~skip breakfast~~	wash your hands	eat fruit

One healthy habit I will do this week:

_____

_____

Draw yourself doing it.

Art © Kevin Coulston