



Body Talk

Grade - 1

Lesson

2

Lesson Objectives – Students describe at least two ways their bodies “talk” to them to let them know when it’s time to eat, sleep, be active, etc.

	Time	Page
Prepare Students	5 min.	42
Attention Grabber	5 min.	42
Explain/Demonstrate/Practice		
Human Outline Activity	10 min.	43
Review	5 min.	44
Total Time	25 min.	

Equipment & Materials

- ✓ Poster paper with outlines of human bodies in Appendix 1-2.
- ✓ Colored markers

Teacher Preparation

Prior to the start of this lesson:

- ✓ Make five copies of the poster included in Appendix 1-2, p. 45.

Teacher tip: *Instead of using paper copies of human bodies, trace the human outline from Appendix 1-2, p. 45 onto a white or chalkboard. Use different colored markers to correspond to each of the five topics in the lesson.*

This lesson addresses the following content standards:

Michigan Standards		National Standards	
Physical Education	Health Education	Physical Education	Health Education
Standard #12	Standard #3	Standard #7	Standard #3

This lesson relates to Michigan Model for Comprehensive School Health Education:

Grade 1 Lessons, V-1: Keeping Ourselves Healthy, V-3: Exercise, V-4, V-5: Getting Enough Sleep and Rest and V-10: Too Much.

Key Message & Background Information for Teachers**Key Messages:**

I listen to my body and pay attention to its needs.

Background Information:

If we listen, our bodies “tell us” what they need. The problem is that our environment often overrides our bodies’ signals. For example, we eat because it is “time” to eat, regardless of whether we are hungry. Eating when you are not hungry makes about as much sense as putting on a thick wool sweater on a hot summer day. By teaching children to pay attention to and respond to their bodies’ signals, we can help them develop healthy eating and physical activity habits.

Prepare Students**5 min.**

Gather students together in a group seated on the floor.

Introduce the lesson:

- Today we are going to talk about how our bodies “talk” to us to tell us what they need.

Attention Grabber**5 min.**

Ask students:

- Can any one say “hello” in a language other than English?
- Allow several students to demonstrate.
 Δ Possible responses might include “Ola” (Spanish), “Bonjour” (French) or “Ciao” (Italian).
- Today’s lesson is about a different kind of language: the language our bodies use to talk to us and tell us what they need. We are going to learn to listen to our bodies’ messages, and know what our bodies need.

Human Outline Activity

10 min.

Explain/Demonstrate

Practice

Post the five human outline posters on the wall. Go to the first one.

Ask students:

- How does your body tell you it's cold?

***Teacher tip:** Have the students stand up and act out the answer before you take their verbal responses. Repeat this for each of the conditions.*

- Students may respond: goose bumps, shivering, chattering teeth, blue skin, throbbing toes, etc.
- Use colored markers to illustrate each response on the human outline poster.

Ask students:

- When these things happen (goose bumps, shivering, etc.) to our bodies, what do our bodies want us to do?
- Students may respond: put on warm clothes, go inside and get warm, drink hot cocoa, etc.

Use additional posters to continue the activity with the other conditions:

- Hungry.
- Body hurts from sitting for too long.
- Too full of food.

***Teacher tip:** After students have described how their bodies tell them they are too full, explain that when we eat, it takes a few minutes for our bodies to feel full. If we eat too fast, we might eat more than our bodies want and we would feel too full. Remember to eat slowly to give your body a chance to say, "I'm not hungry anymore. That's enough for now."*

- Tired from a lot of running around.

***Teacher tip:** After students tell how their bodies let them know they are tired from running around, explain that running around and playing is a good, healthy thing to do. After a while, our bodies tell us "It's time to rest." Remember to drink extra water when you've been running around.*

Ask students:

- What do you think would happen if our bodies couldn't communicate with us?
- Students may respond: get too cold, get very hungry, get too tired.
- Emphasize that we need to listen carefully to our bodies' messages to stay healthy.

Review & Preview**5 min.****Ask** students:

- What is your body telling you right now?

Remind students:

- It is important to pay attention to what our bodies tell us they need.
- Whether we should eat, stop eating, or just move around – our bodies will let us know IF we're listening.
- Listening to your body and paying attention to what it says can help you stay healthy.

Tell students:

- For homework, you should describe two ways your body “talks to you,” to a friend, or to a family member.

Outline of Human Body
(Copy and enlarge onto 11" by 17" sheet of paper.)



