

# **BODY WORKS**

*PRE-VISIT PAGE (GRADES 2-6) 60 minutes*

*The Arizona Science Center will be visiting your location with all the materials and equipment needed for your group to discover how the systems in the human body keep it working.*

## ***CONCEPTS***

- 12 human body systems working together: integumentary (skin/hair/nails), muscular, skeletal, circulatory, nervous, lymphatic, digestive, endocrine, reproductive, excretory/urinary, respiratory, and immune
- Blood carries oxygen from lungs to all different parts of body
- The heart is a muscle
- Bones are the “frame” of the body and are moved by muscles
- Nerves are connected to almost everything and send messages to your brain
- Proper exercise and nutrition help to keep us healthy

## ***EXTENSION ACTIVITIES***

- Visit the [Halle Heart Center Museum](#) in Tempe
- Pair students up and study each other’s irises and pupils – what color is everyone’s iris? Which part do you think is muscle and which is a hole? Why does the size of your pupil change?
- Keep an activity journal – how long do you play every day?

## **PROGRAM NEEDS**

- **One instructor table at front of room**
- **Limited to 30 participants**
- **Open room or desks/tables pushed to sides**
- **If multiple programs are scheduled at your location, it is ideal that the instructor be set up in one room and participants be brought in, otherwise allow 15 minutes between programs**
- **Class teacher/instructor must remain in room for duration of program**

