Thank you for purchasing from A Journey Through Learning. We hope that you enjoy our unit study entitled Inside My body. Getting started is easy.

First, take the time to just browse through the pages to familiarize yourself with the layout. In this book, you will find many topics.

Each topic has a(an):
* information page
* correlating activity pages
* vocabulary words

Information Page
Each of the topics has an information page to read to your child.

Activity Page
After the information page has been read, it is time to do the activity that is found right after the information page. Some of these activities are more for fun while others are more challenging. All of them will enrich your child’s understanding and knowledge of each topic.

Vocabulary Cards
We have included cards on which your child can write the definitions of various important words from the study. We have also included a fun pocket for your child to make to store the cards.
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The Bible tells us in Genesis 1:27 that God created man in His own image, in the image of God He created him; male and female He created them. This means that with His own hands He careful designed us.

According to scientists, human beings are the most complex organisms on this planet. Our bodies are a single structure, but they are made up of billions of smaller structures.

If we take the time to explore our bodies, we will come to appreciate just how important we are to God and how much love and care He put into us.
Copy the Bible Verse in your best handwriting

Genesis 1:27

27 So God created man in His own image; in the image of God He created him, male and female He created them.
Your brain is located inside your skull. We could say that God created the first computer when He built the brain. It is a powerful, complex, and intelligent thinking machine! The brain deals with thousands of smells, sights, tastes, touches, and sounds—all at the same time. While sorting through these messages, the brain still has the role of telling your different body parts what to do with the information. What an amazing job!

The brain is the heaviest organ in your body. This organ is made up of three principal parts: the **cerebellum** (se-re-bell-um), the **cerebrum**, which has two parts, the **left and right cerebral hemispheres**, and the **brain stem**, which controls the body parts that you do not think about, like breathing and your heart beating.

Your brain is protected by three layers of tissue that float in a special fluid that keeps it from bumping around inside your skull. Once your brain gets a message, it sends the information by nerve cells all over your body. They travel along nerve fibers to the nerve cells, called grey matter, in the brain. Everything works like a large network, traveling out and back. Messages to your arms, legs, and body are carried down by the spinal cord. The **cranial nerves** are responsible for carrying messages to and from your ears, eyes, nose, throat, tongue, and the skin on your face and scalp.
Use with The Brain study guide. Answer the questions.

The Brain

What are the three parts of the brain?

What does the brain do when it gets a message?
The primary job of your heart is to pump blood to every part of your body. Blood carries the oxygen and all of the vitamins and minerals that your body needs to grow. It also helps to eliminate the things that could harm your body. The heart beats at around 72 beats per minute. In your lifetime, your heart will beat approximately 2.5 billion times. It weighs on average 250 g to 300 g in females and 300 g to 350 g in males. If you were able to hold your heart, it would be about the same size as a pear, or the size of your closed fist.

Inside your body, you heart is located behind your sternum. The sternum is the bone between the two sides of your ribs. Your heart sits here in the middle of your body, on the left side of the sternum. Your heart is like two pumps joined together. It consists of four parts called chambers. The **left ventricle** (say ven-trik-ul) and the **right ventricle** are located at the bottom of the heart. The **left atrium** (say at-ree-um) and the **right atrium** are located at the top.

The muscles of the heart squeeze and relax to pump blood around the body. **Blood is pushed from the atrium into the ventricle on each side of the heart.** Between them, small valves open and close with each heartbeat. **The left side of the heart gets blood from the lungs where it has collected oxygen.** It then pushes it all round the body through the arteries and tiny blood vessels called capillaries. The blood in your capillaries is a bright red color. **The right side of your heart gets the blood after it has taken oxygen round the body.** It then sends it back to the lungs for some more oxygen. This blood is carrying carbon dioxide. When it reaches your lungs, you breathe it out. This blood is a darker red color.

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[Diagram of the heart with labeled parts: Right Atrium, Left Atrium, Right Ventricle, Left Ventricle]
The Heart

How many chambers does the heart have? _____________

Name them: ____________________ ____________________

__________________ ____________________

What color is the blood in your capillaries? ______________

What color is the blood from your lungs? ______________

How much does it weigh? ____________________

How many times a minute does it beat? ____________

Label the heart
The Excretory System

The excretory system is how your body helps maintain the liquid volume of your bodily fluids at a safe level. If your body did not filter out the extra fluid and get rid of it, you would become very sick.

So how does your body get rid of the toxins? First, it releases some of the toxins into your bloodstream. Then, it passes some of the toxins into your kidneys, where the extra fluid and chemicals that your body cannot use are released. The kidney’s job is to cleanse the blood and to get rid of any extra fluid. If your kidneys did not get rid of the fluid, you would blow up like a large balloon. The kidneys are bean-shaped organs about the size of a man's fist. They are located in the bottom of the stomach, just below your ribcage. Your kidneys are continuously at work. While all of this is going on, your urine is dripping down through tubes called ureters. At the end of the ureters is a small, stretchy pouch. This stretchy pouch is called your bladder. The bladder can stretch large enough to accommodate a pint of urine.

Once your bladder is full, it sends a message to your brain to tell it that it cannot hold any more. At just the right time, your brain tells the muscles around your bladder to start squeezing. At that point, you are able to go to the restroom and empty your bladder.
Use with “The Excretory System” study guide. Below, answer the question.

How do you know when it is time to go?