

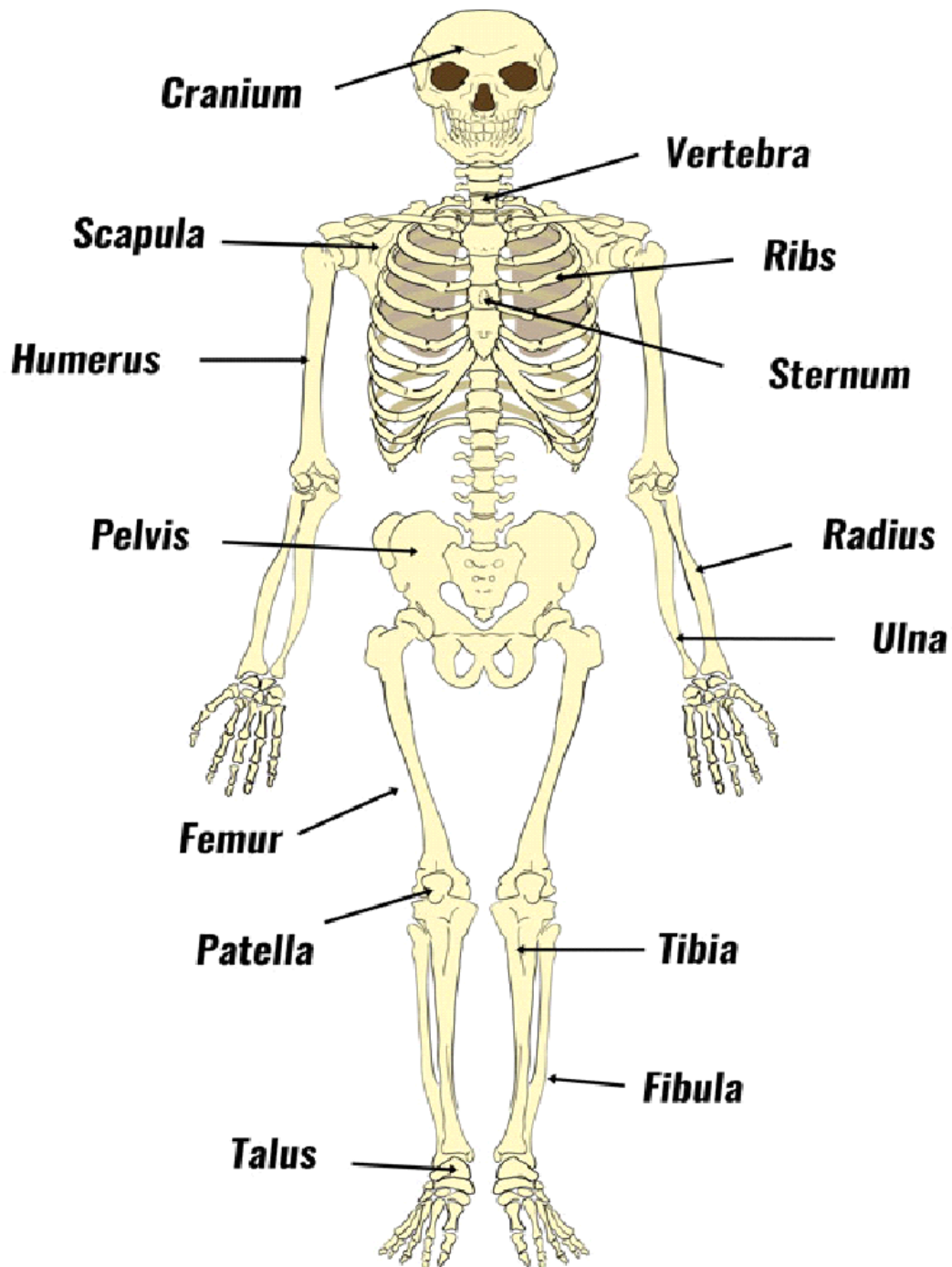
NATURAL SCIENCE

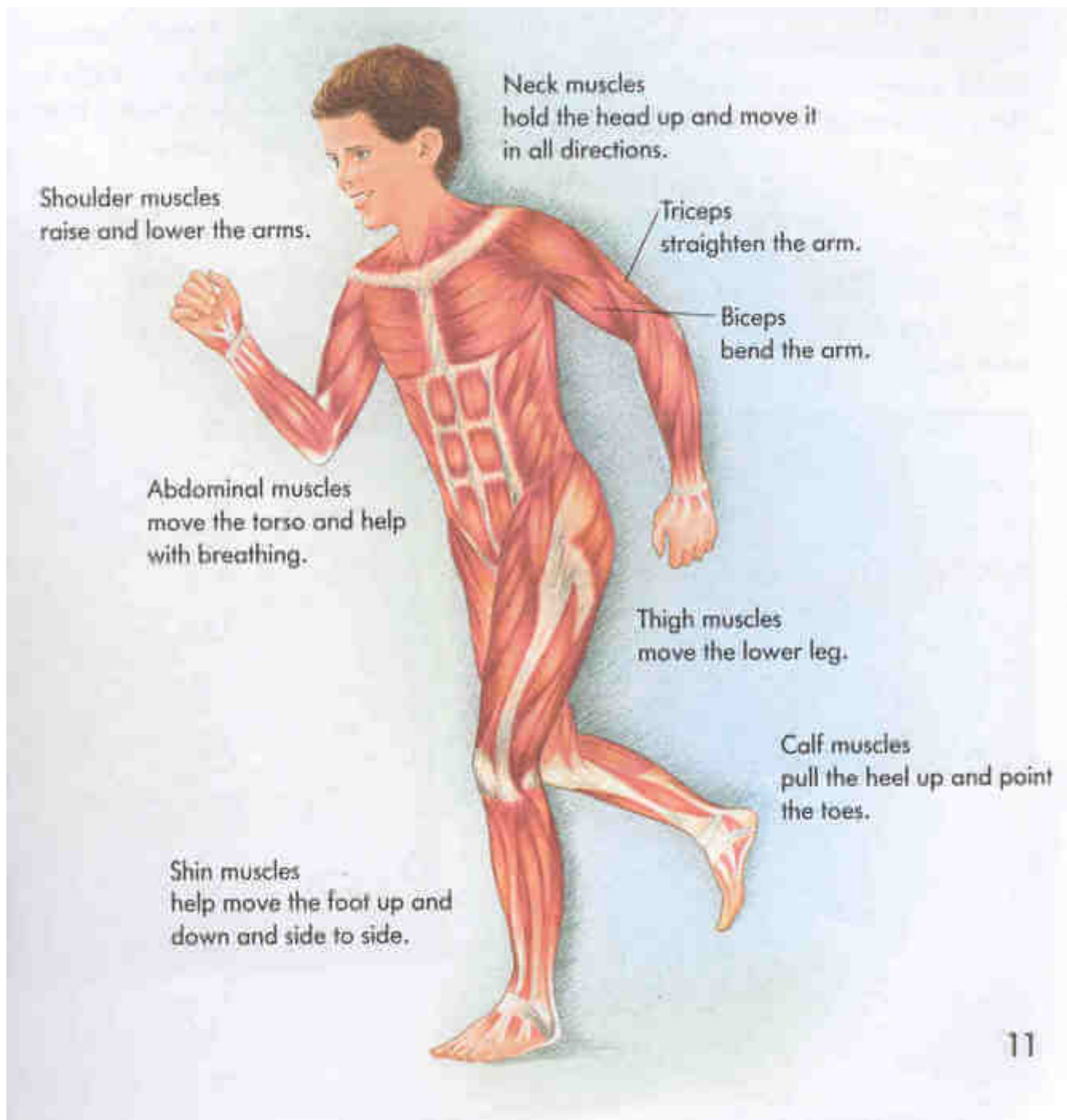
UNIT 1: MY BODY

- **My body has different parts. We divide the body in three different parts : head, torso and limbs.**
- **Our skeleton supports and protects our body. It also gives us shape. Our bones and muscles help us move.**
- **Our bones are hard and rigid.**
- **Without your muscles, your skeleton won't go anywhere. You need muscle power to make your body walk, run, skip, rub your nose or even just sit up without toppling over.**
- **You have about 650 muscles. Our muscles are soft and elastic. You can control some muscles and there are other muscles that you cannot control.**
- **Tendons are like muscles' ropes and they link bones and muscles.**
- **Joints are the places in your body where bones meet. You have big joints – like the ones in your hips, shoulders, and legs; and itty, bitty ones – like the ones in your hands and feet.**
- **We all have different feelings. We can be happy, sad, angry, calm, scared, in love, surprised, excited...**
- **We all grow up and change. First we are babies, then children and after that adults and finally elders.**



MY BONES





How Do You Feel Today?



Happy



Sad



Angry



Scared



Silly



Excited



Surprised



Shy



Embarrassed

1



2



3

HOW ARE YOU FEELING TODAY?

- I'M FEELING THIRSTY.
- I'M FEELING HUNGRY.
- I'M FEELING TIRED.
- I'M FEELING SAD.
- I'M FEELING HAPPY.
- I'M FEELING ANGRY.

4



5



6

