

ACTIVITY BOOK

Grades
K, 1, 2



Children's
of Alabama

Name:



BlueCross BlueShield
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Scan Me

Are you ready for an adventure?

Welcome to BodyTrek: an amazing adventure about health and wellness.

Your guides Trek and Rip, will help you on your journey.

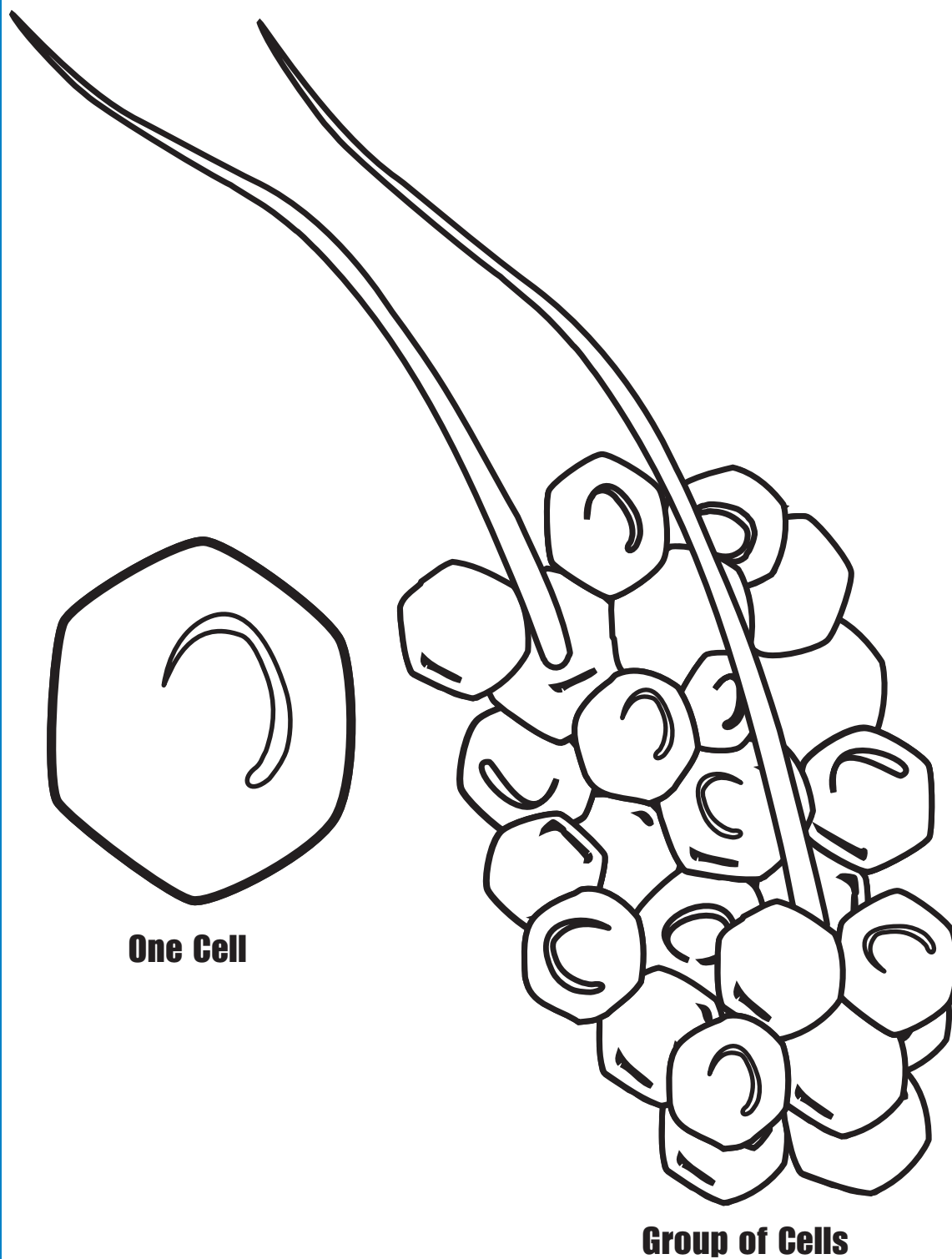


This exciting adventure will take you through miles and miles of blood vessels and muscles. You will also see how your heart pumps and how your brain works. Along the way you'll learn how your body works, and how to take care of yourself to be the best that you can be!

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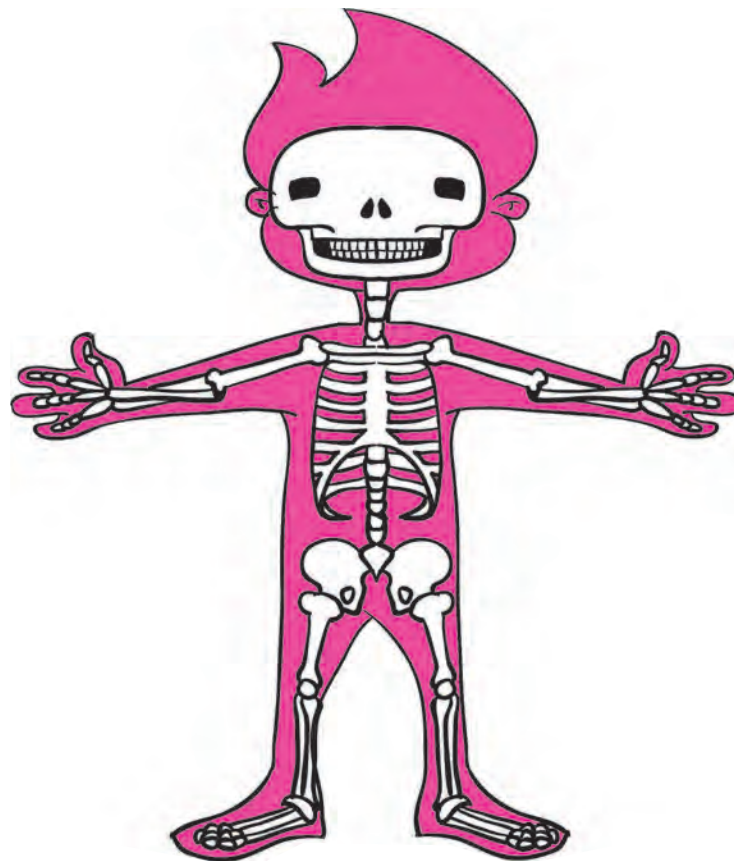
Color the pictures of the cells.



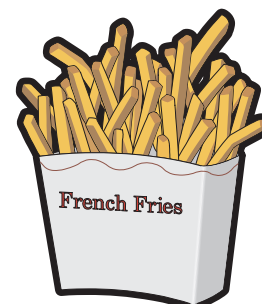
Cells are the building blocks of your body!
Kind of like bricks in a wall.

Your Bones

Your bones make your body firm and strong. Without bones, your body would flop like a rag doll. Bones and muscles help you move.



Circle what makes your bones strong:

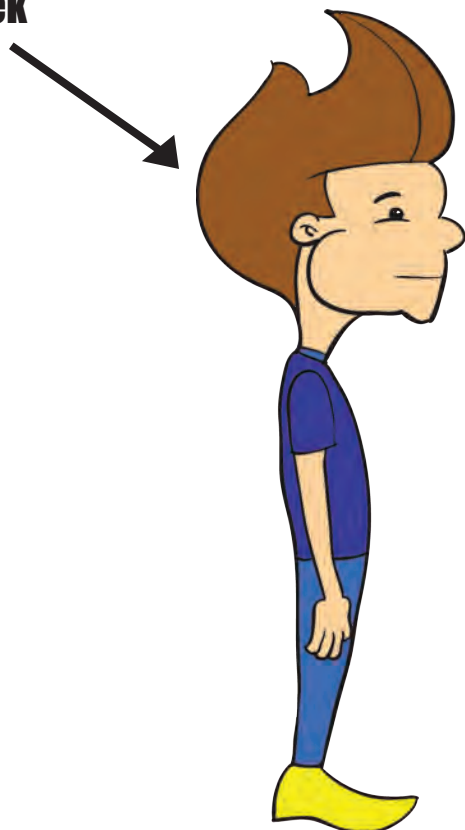


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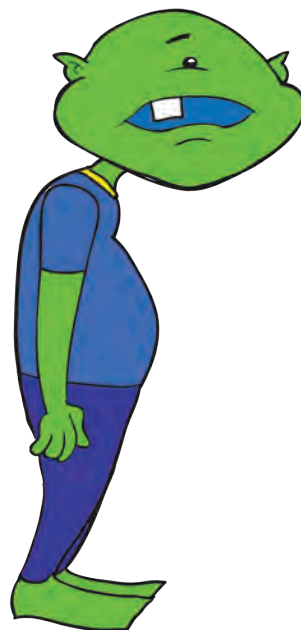


Try to stand correctly, like Trek.
Head up, shoulders back, and chest high.
Now stand incorrectly, like Rip.
See and feel the difference?

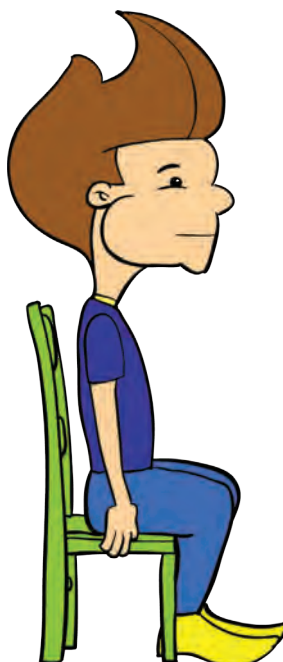
Trek



Rip



It is important to have good posture.
Don't forget to sit correctly too!



Your Muscles

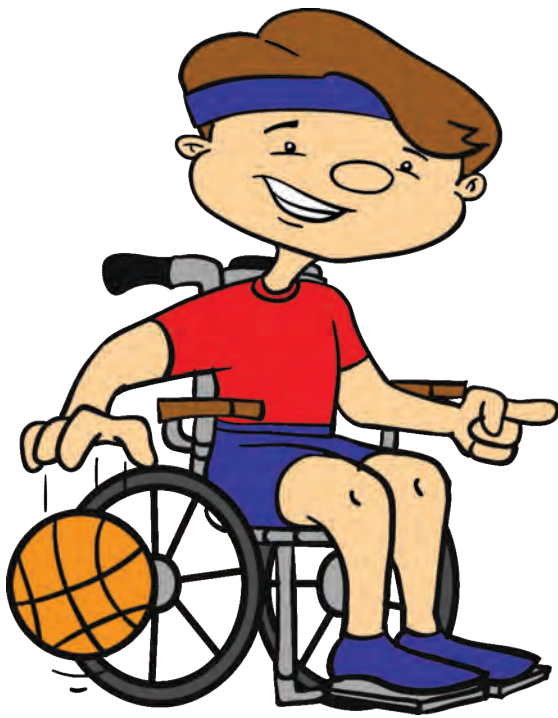
You have muscles all over your body. They are attached to your bones. The muscles pull the bones like strings of a puppet. They work together so that you can move to do things like:

- point
- walk
- ride a bike

There are also muscles that help things happen in your body like:

- talking
- pumping blood





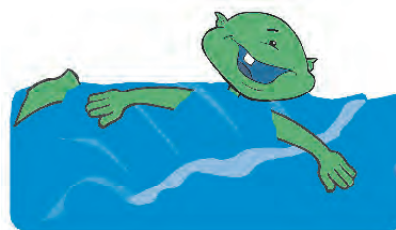
Some people can't run or jump because they cannot use their legs, and others can't use their arms. They make the muscles they can use strong.

Circle the picture that answers the question.

1. What helps a body move?



1. Which activities are using muscles to move?





Safety Zone

Some important safety rules to remember are...

- Always wear your seat belt when riding in a car
- Always keep your hands, feet, and head inside car
- Always look both ways before crossing a street
- Obey all traffic signals and signs
- Wear a helmet during storms
- Always wear a helmet when riding a bike, skating, etc.
- Wear light colored clothing on a bike
- Don't ride after dark
- Stay away from strangers
- Know your address
- Know how to call 9-1-1 on a telephone



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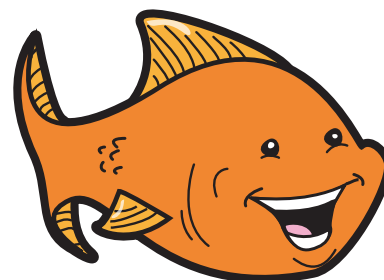
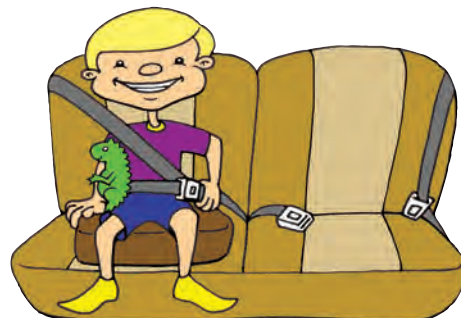
Safe or Unsafe?

Learn the things in your home that are unsafe and stay away from them!

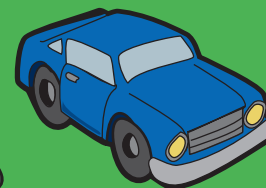
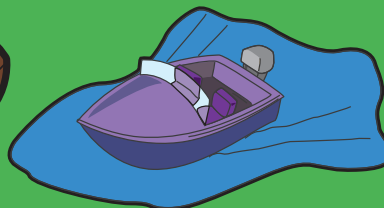
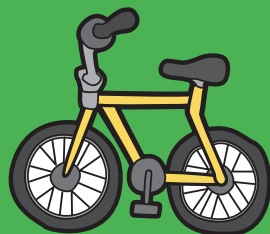
Circle the items that are unsafe in the house.



Circle the item that will help you stay safe while riding in a car:



Draw a line from each picture in the green area to the correct safety gear in the orange area:



Emergencies

Learn what to do in an emergency! A little scrape on your elbow is **not** an emergency. If your brother or sister falls and can't get up, it is an emergency. Can you think of other emergencies?

9-1-1 is the number to call on a telephone when there is an emergency. Practice dialing it on the telephone touch keys below:

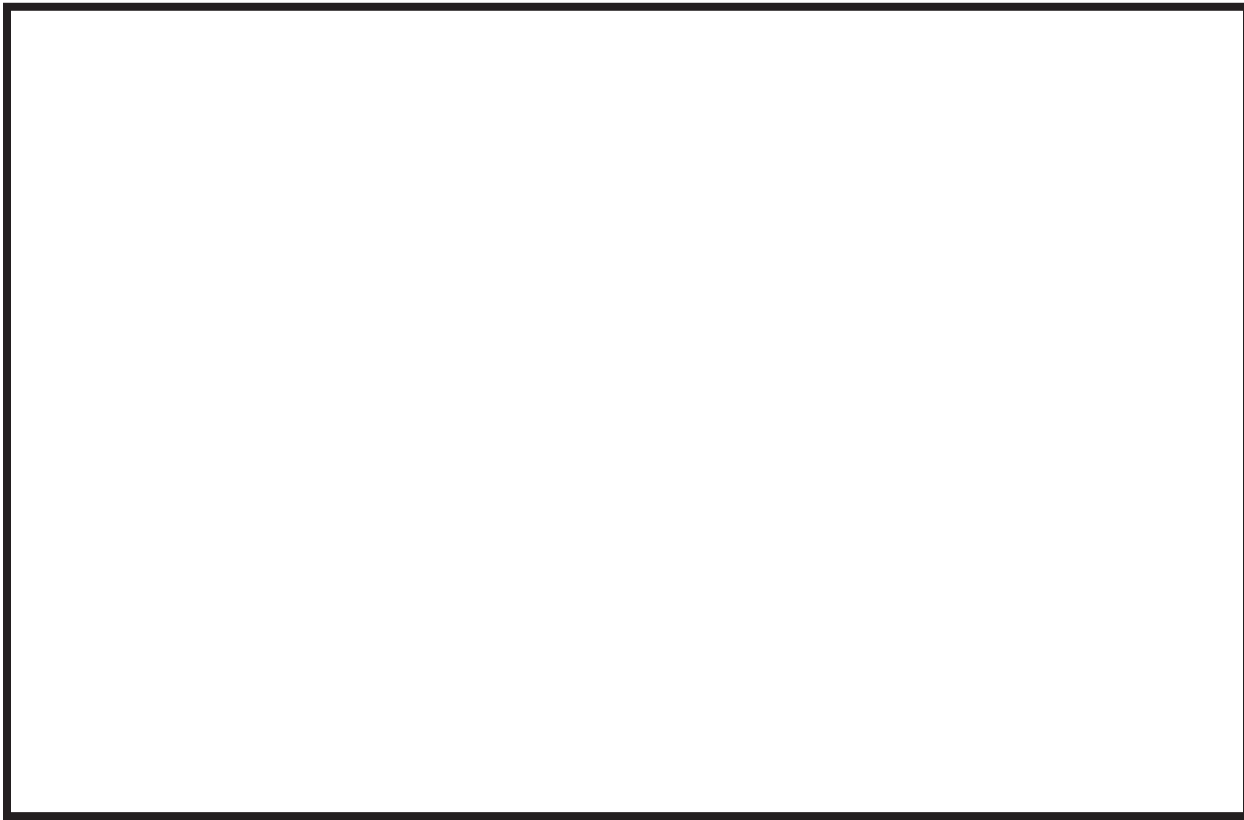


When you call 9-1-1, the operator will ask you for your address and phone number. Practice saying your address and phone number with your parents at home. Ask your parents to write down your address and phone number near the phone in case of an emergency.

Fire

Every one should know what to do in case of a fire.

Draw the rooms in your house below. Draw a **BLUE** line from your bed to the fastest way to get outside. Draw a **RED** line that shows another way to get outside.



Think of a place, like a tree that is away from your house to meet the rest of your family. Write it below:

Once a month practice how you plan to get out of your house in case of a fire.
Have a fire drill at home, just like you do at school.

Signs

It is important to look both ways before you cross the street.

KNOW your signs!



= School Crossing



= Stop



= Railroad Crossing



= Hospital



= Bike Crossing



= No Bikes



= Traffic Light

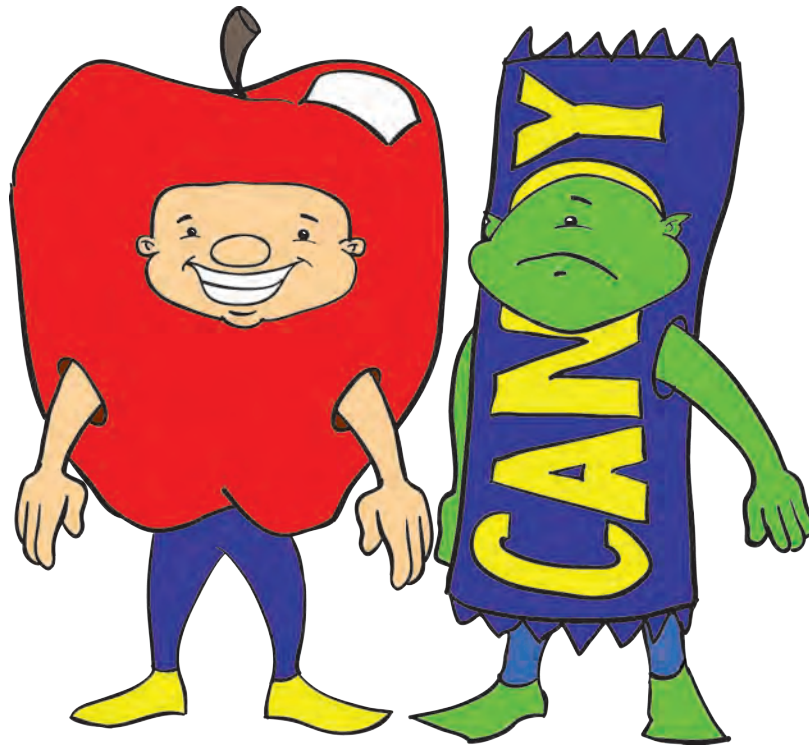


= Yield to Traffic

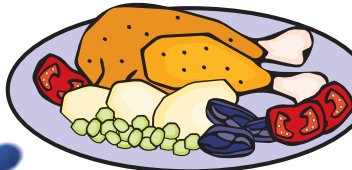


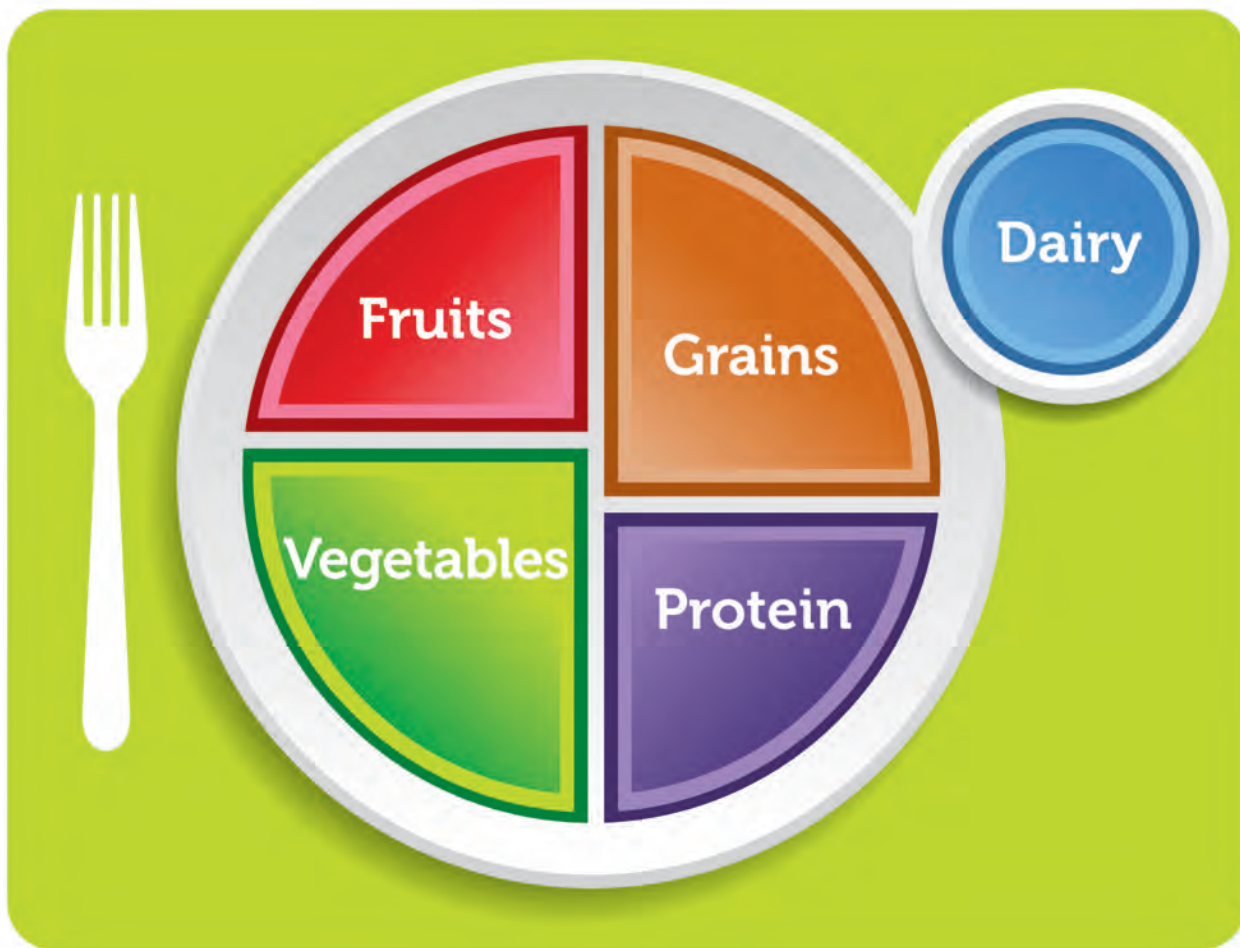
Healthy Foods

It is very important to eat a lot of different foods each day. Healthy foods give you vitamins and minerals to grow up strong and healthy. And they give you energy to run and play.



Circle the item you need to grow and stay healthy





Choose**MyPlate**.gov

Foods to Increase

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

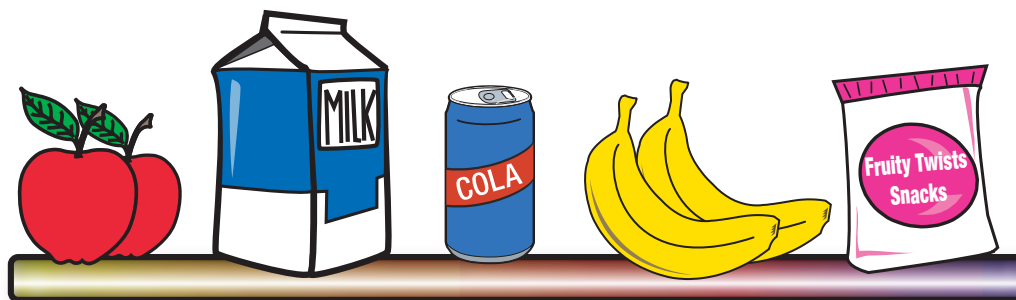
Foods to Reduce

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with low sodium (salt)
- Drink water instead of sugary drinks.

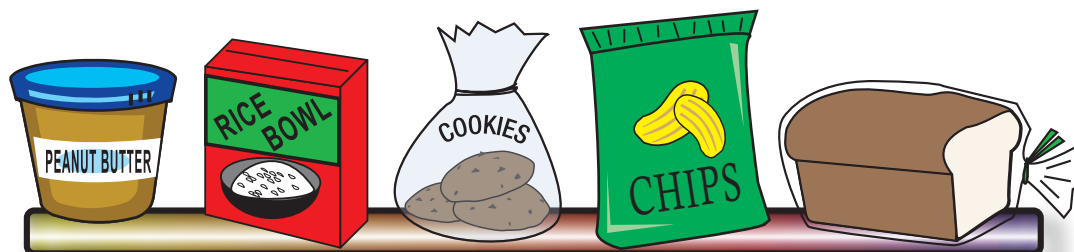
It is up to you... make healthy choices... eat good foods every day!

The Food Mart

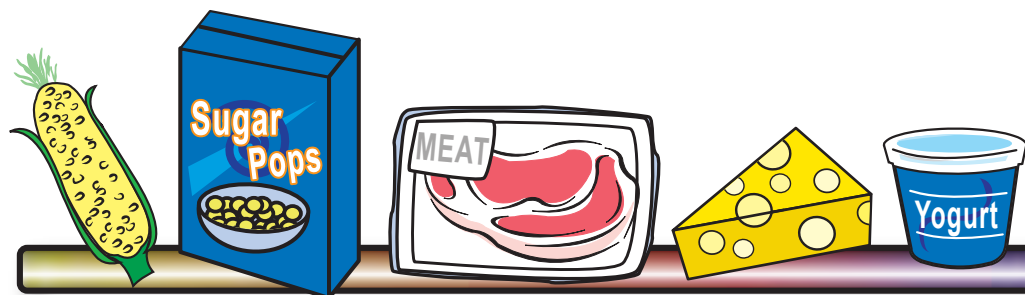
You can help your family choose the best foods to give you energy. Pretend you are in a grocery store. What healthy foods would you select for the most energy?



Select the 3 foods on this shelf that give you energy



Select the 3 foods on this shelf that give you energy



Select the 4 foods on this shelf that give you energy



Draw your favorite foods here.



Your Nose

Your nose cleans and warms the air that you breathe. This makes the air better for your lungs.

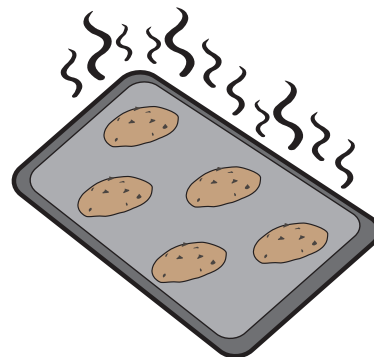
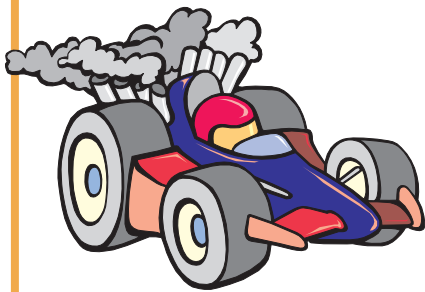


Circle the things your nose would filter from the air before entering your lungs.



Your nose tells you if something smells good or bad. Have you ever smelled rotten eggs or a pie baking? Your nose told you what those smelled like.

Put an X on the bad smells
and circle the good smells.



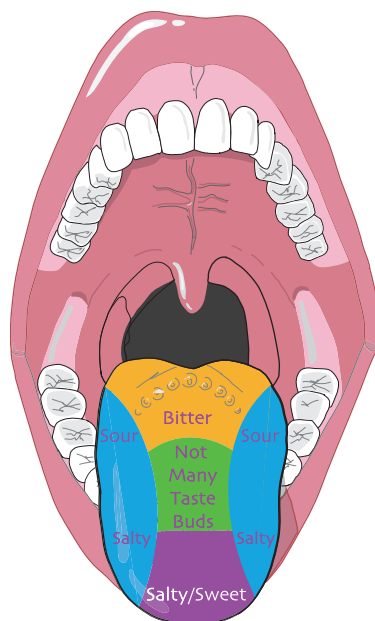
Your sense of smell also warns you of danger. It tells you if there is a fire or if you are about to eat rotten food that will make you sick.

Your Mouth

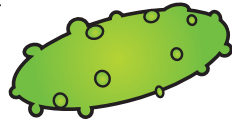
Your mouth is where you feed your body fuel! Your teeth tear and chew the food. Your lips help keep the food in your mouth. Your tongue tastes the food and helps move your food to your throat to swallow.



Your tongue tells you if foods taste sweet, salty, sour or bitter. Your tongue has many parts that sense each of these tastes.



Match the food to its taste.



sweet

salty

sour

bitter

Remember, brush and floss your teeth everyday to keep them clean and strong!

Put bristles along the gums at an angle. Bristles should touch both the tooth surface and the gums.



Gently brush the outer tooth by rolling the brush up and down.



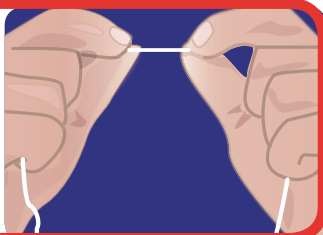
Gently brush using back, forth, and rolling motion along the inside tooth surfaces, biting surface and tongue.



Tilt brush vertically behind the front teeth. Make several up & down strokes using the front half of the brush.



Hold a 1"- 2" length of floss between thumbs and index fingers.

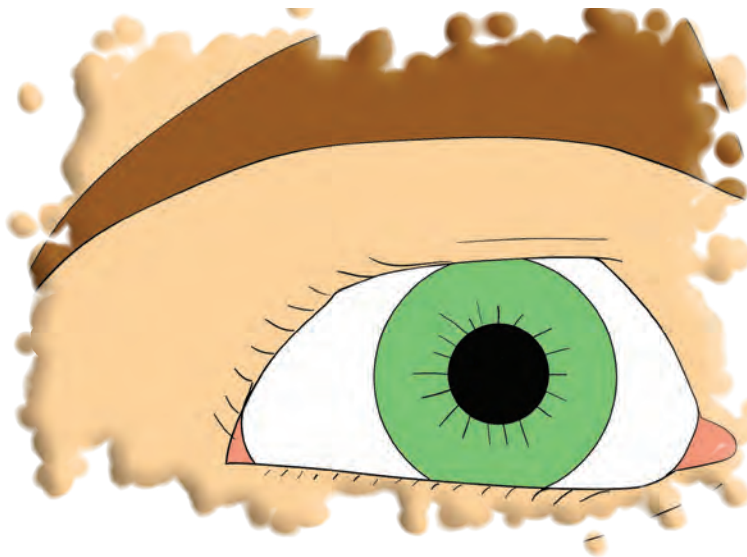


Use thumbs to guide the floss between upper teeth. Slide floss up and down against the tooth surface and under the gum line. Floss each tooth thoroughly with a clean section of floss.



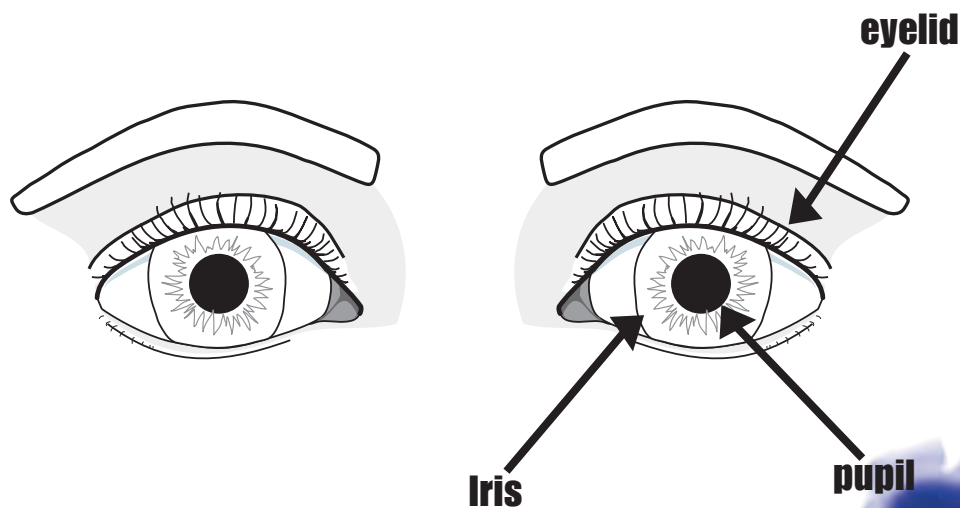
Your Eyes

Your eyes and brain work together to tell you about the world around you. You can see near and far – light and dark – black, white & colors – and all different kinds of shapes.



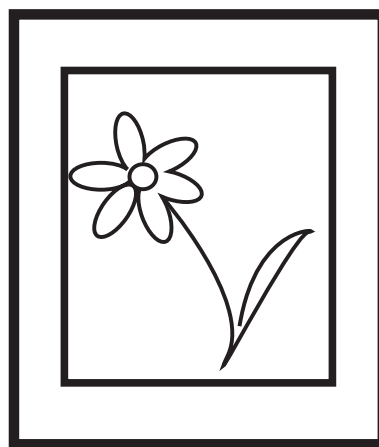
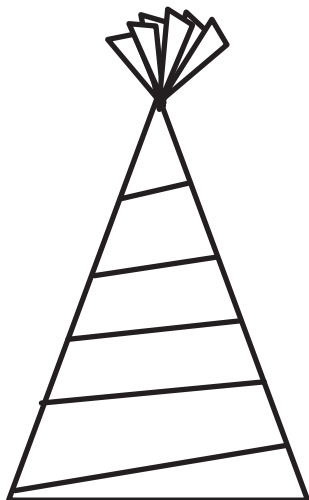
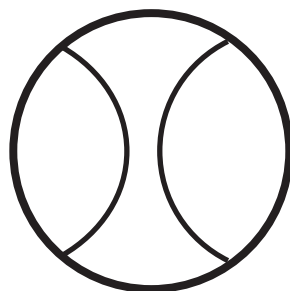
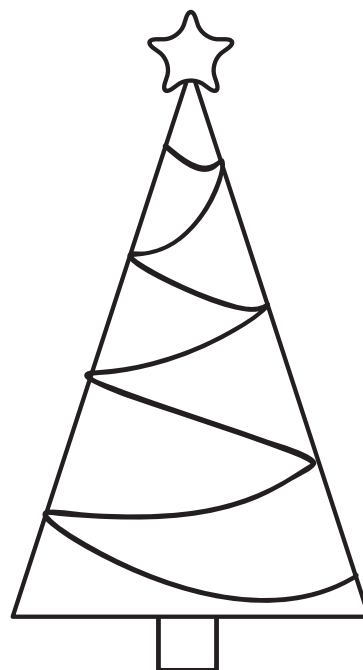
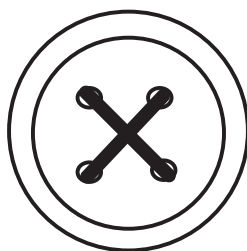
The color of your eyes can be different from your friends.

Color the eyes the same color as your eyes.





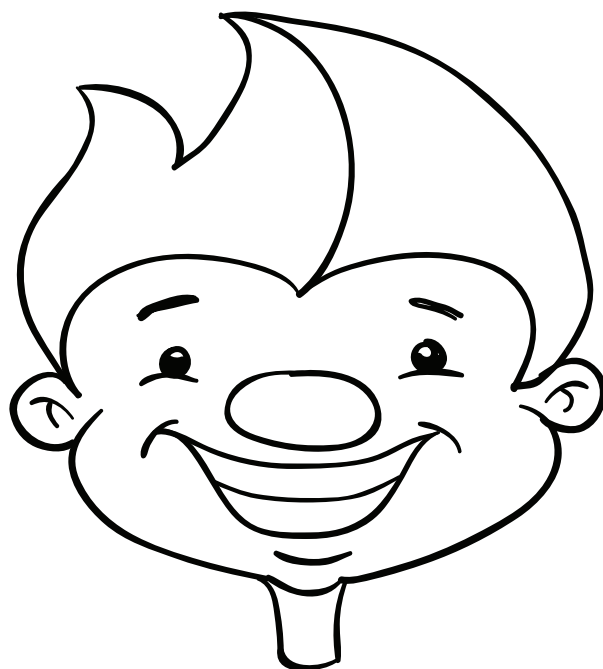
Use your eyes to help you color.





Sometimes you can't see well, and you need glasses to see.

Draw glasses on Trek.



Close your eyes for a moment and play like you can not see.
You would have to learn about the world with your other senses.

If you could not see, you would learn to read and write by using
a special alphabet called Braille. It uses dots for letters. They look
like this:



Think of some places you have seen Braille letters.

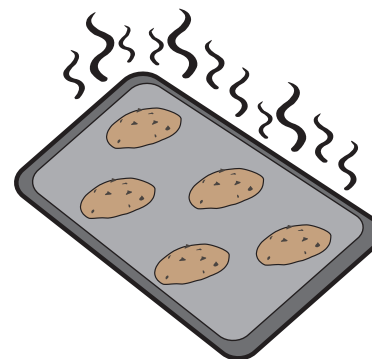
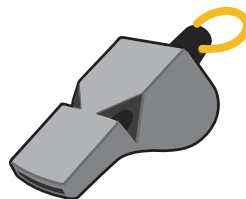


Your Ears

Your ears allow you to hear sounds all around you! You can hear sounds that are soft, like a whisper. You can hear sounds that are loud, like thunder. You can also hear sounds that are low pitched, like a bass drum or sounds that are high pitched, like a whistle.



Circle what you can hear.

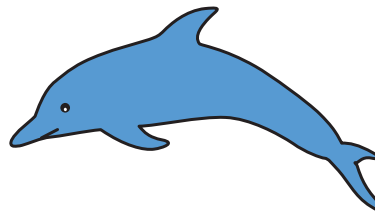
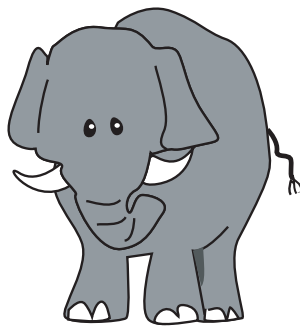


Some sounds are too loud and can hurt your ears.

Put an X over what would sound too loud.



Some animals like dolphins and elephants, have better hearing than humans.



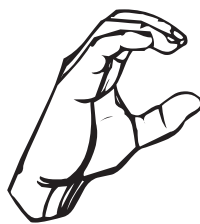
People that can't hear, talk with their hands. This is called sign language. Sign language allows the deaf and the hard of hearing to communicate. Hand signals are used to form letters of the alphabet or words.



A



B



C



D



E

Your Skin

Your skin protects your body from the outside world. Skin helps keep out harmful germs, and it keeps you warm or cool. You have hair all over your skin, except on your lips, hands and the soles of your feet.



It is important to protect your skin. The sun can damage your skin.

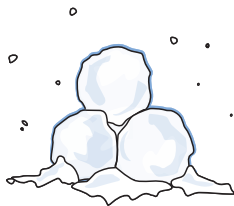
Rip is going to the beach. Circle what he needs to take with him to protect his skin from the sun.



Your sense of touch is through your skin. It tells you if there is a bug on your hand or a rock in your shoe. You can feel things that are hot, cold, hard, soft, rough, smooth, wet, dry, slimy and sticky.

Draw a line from the sense
to their matching pictures.

Hot



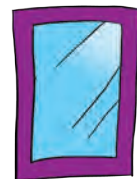
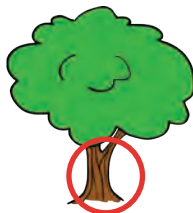
Cold

Hard



Soft

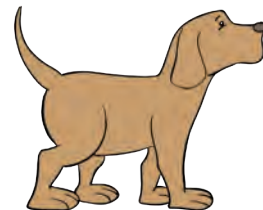
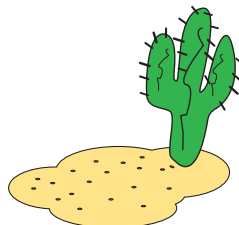
Rough



Smooth

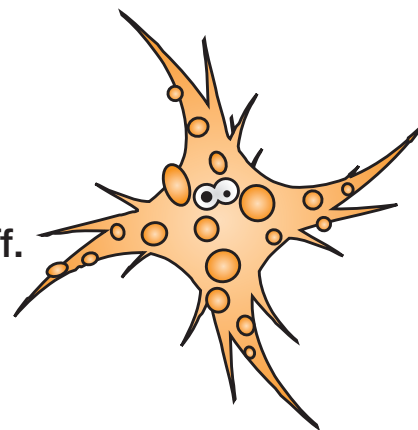
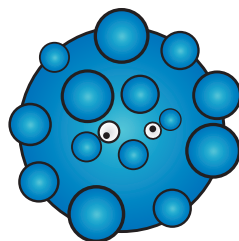
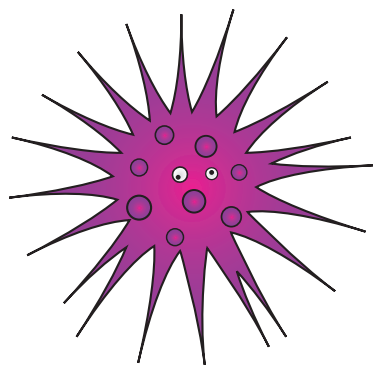
Wet

Dry

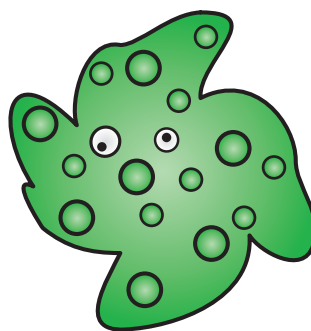


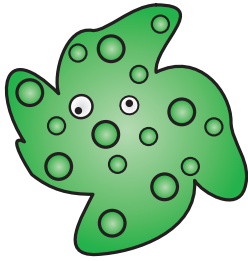
Germs

Germs are tiny living things that can cause us to get sick. They are too small for you to see them, but they are everywhere! They are in the air and can get into your body when you breathe. They usually get into your body through your eyes, nose or mouth when you touch your hands to your face. You can also get germs in your body through cuts in your skin.

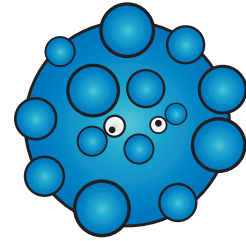


Remember to wash your hands to get the germs off.



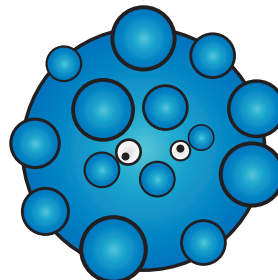
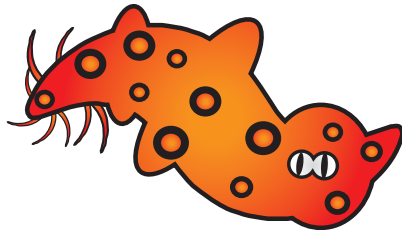
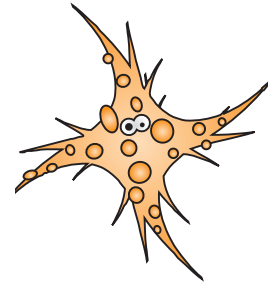
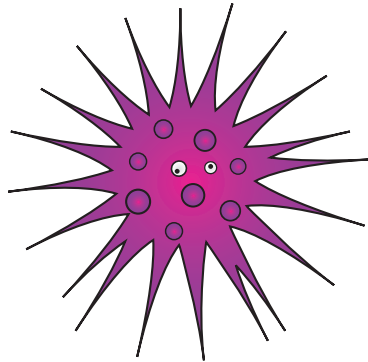


How can you help keep germs away?



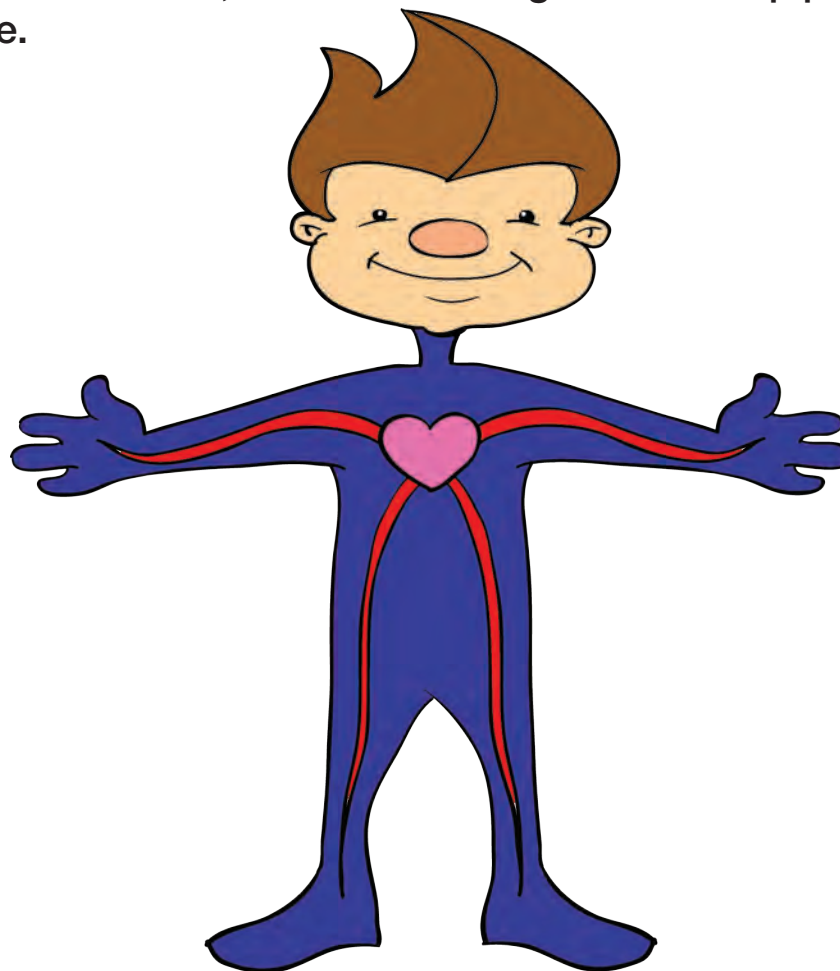
Draw a line to the picture that fits the sentence.

1. Keep your hands clean. Wash your hands with soap and water or anti-bacterial handwash.
2. Keep crayons, pencils and other things out of your mouth.
3. Keep your hands away from your eyes, nose and mouth.



Your Heart & Lungs

Lub-dub. That's the sound of your heart beating. With each beat, your heart pumps blood to all parts of your body. Blood goes through blood vessels, like water through the water pipes in your house.



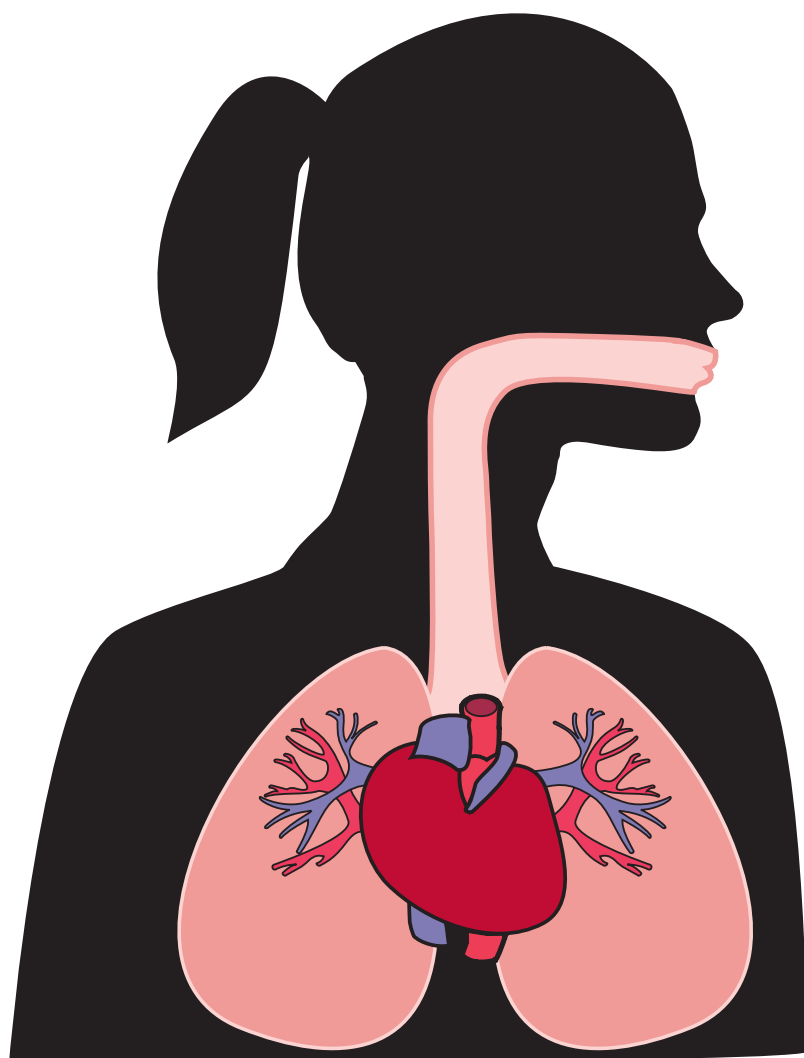
Your heart is a muscle. When you exercise, it makes your heart muscle stronger.

Your heart beats faster when you exercise and it slows down when you are resting or asleep.

Circle the one whose heart is beating faster.



Outline your fist. That is about the size of your heart. As you grow, your heart will grow too.



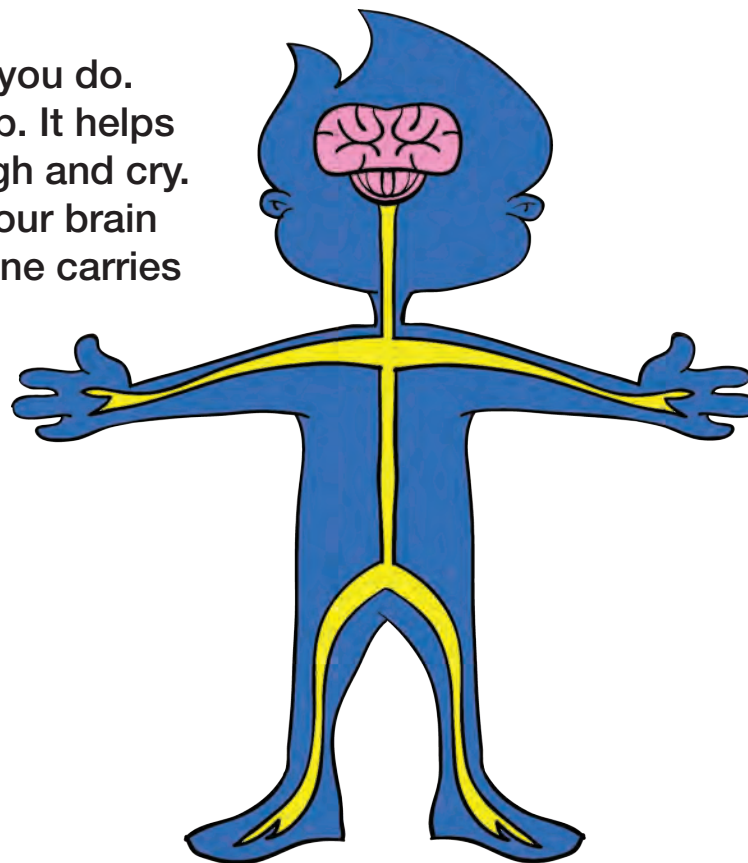
Your lungs help you breathe. They are in your chest and are protected by your ribs. Air goes into your body through your nose and mouth. The air travels down your windpipe into your lungs. The lungs take the oxygen from the air you breathe in.

You can keep your lungs healthy by running and playing. Smoking hurts your lungs and can cause them to not work the way they should.



Your Brain

Your brain controls everything you do. It helps you move, sit and sleep. It helps you do things like breathe, laugh and cry. Nerves carry messages from your brain to your body like a telephone line carries messages to your house.



Making Sense

Your brain controls your five senses: sight, smell, touch, hear, taste.

Draw a line from each Sense to its matching body part on the drawing.



Sight

Smell

Touch

Hear

Taste



How do you recognize something? You use your senses! For each item, circle the senses you would use to find out what it is.

1. Can you see, smell, touch, hear or taste a rose?
2. Can you see, smell, touch, hear or taste ice cream?
3. Can you see, smell, touch, hear or taste a clock?
4. Can you see, smell, touch, hear or taste a Police siren?
5. Can you see, smell, touch, hear or taste a rainbow?

Circle the activities that your brain is responsible for.

Playing Football

Skateboarding

Dancing

Jumping Rope

While your brain is protected by your skull, you still have to take good care of your brain!

- Eat good foods
- Exercise!
- Get enough sleep
- Always wear a helmet when playing sports, riding your bicycle, skating or riding a scooter.

Don't drink alcohol, take drugs or use tobacco!



**A Cooperative Educational Program of
Blue Cross Blue Shield of Alabama
and Children's of Alabama**

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