



Materials for My Amazing Body Unit

Table of Contents

Book 2- <i>Aiden's Hurt Foot</i> by the Project Ready! Team	2
Book 4- <i>Counting with My Five Senses</i> by The Project Ready! Team...	21
Book 8- <i>My Body is a Great Body</i> by The Project Ready! Team.....	34
Book 8- <i>My Body is a Great Body All About Me Activity</i>	47
Book 11- <i>Teeth</i> by The Project Ready! Team	48
Book 12- <i>Just Going to the Dentist</i> Craft Template	71
Book 14- <i>The Feelings Book</i> Craft Template	72



Aiden's Hurt Foot

Text by The Project Ready! Team





This is Aiden. She's four years old. Her favorite things are soccer, climbing trees, and the color blue. You can't see it in this picture, but she's wearing a big blue cast on her leg.

She thinks her cast is pretty cool now, but she didn't always like it. In fact, she has the cast because something very scary happened to her. Would you like to hear the story of what happened to Aiden's leg?



One morning, when summer had just started, Aiden was playing outside with her brother. She climbed to the top of the jungle gym. "Watch this!" she shouted and then jumped all the way down. When she hit the ground, she knew something was wrong. Her foot hurt! She started to cry. She was scared and didn't know what to do.



Luckily, her little brother knew just what to do. He ran inside to get Aiden's dad. When Dad saw Aiden, he was worried and said, "We have to go to the hospital." Aiden thought that going to the hospital sounded terrifying!



Dad helped Aiden to the car because it was hard for her to walk. As Dad drove, she wondered so many things.

What would happen at the hospital? What did the inside of the hospital look like? Who would she meet there?

How would they help her feel better?



The hospital was a huge building! Dad helped Aiden go in through a door below a big sign that said EMERGENCY. Aiden waited in a special chair with wheels while Dad talked to someone behind a desk. Dad answered lots of questions about Aiden and explained what happened to her foot. Her foot still hurt.

When would it start to feel better?



When Dad was done answering questions, Aiden and

Dad were led into a room with a bed. There were curtains around the bed for privacy. A nurse came into the room and asked lots of questions. He helped Aiden get onto the bed and gave her some medicine to make her leg feel better. Then she waited. And waited. And waited.



Finally, another nurse came into the room and said Aiden was going to go to another room for an X-ray. The nurse explained that an X-ray is a special tool, like a camera, that lets the doctor and nurses see inside our bodies. The X-ray pictures would help the doctor see if the bone in Aiden's leg was hurt. This would help the doctor know how to make Aiden's leg better. Doctors use many different kinds of tools, like X-rays, to help them see pictures of what is happening inside our bodies.



Dentists take X-rays of our teeth to make sure they are healthy and growing in nicely.



Doctors take pictures of babies inside their Mommy's bodies, before they are born, with a tool called an ultrasound machine. Ultrasound machines take pictures using sound waves.



MRI machines use huge magnets to see inside our whole bodies. They can take pictures of our brain, heart, and other organs in our body!



A big machine took the X-ray picture of Aiden's foot. Aiden had to wear a heavy vest and sit still while the doctor pushed a button and took a picture of her foot. It didn't take long and it didn't hurt at all. Before she knew it, Aiden was ready to go back to her room.



“What happens now?” Aiden asked Dad. “We wait again,” he said. While they waited, they watched TV.



They were watching a funny cartoon when a doctor came into the room. She told Dad that she looked at Aidan's X-ray and saw a broken bone in her foot. A broken bone? That sounded scary! The doctor explained that there is nothing to worry about. Broken bones can heal. They just need to rest.



Soon the room was full of people. Everyone was there to help put a cast on Aiden's foot to make sure it rested. They explained how the cast would start out soft and wet and would turn hard as it dried. Aiden had to hold still and be patient while they put it on. Before the work got started, she got to choose a color for her cast! She knew right away that she wanted her favorite color. Blue!



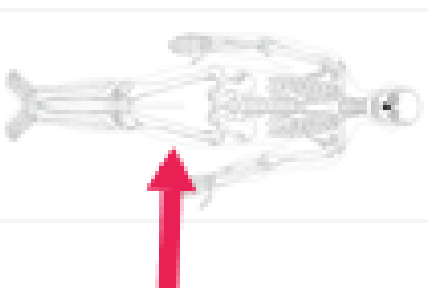
Aiden got to go home right after her cast was on. It looked so cool and her foot didn't hurt anymore! She couldn't wait to show her brother.

While Aiden's foot was healing, she wasn't able to do some of her favorite things, like soccer, climbing trees, or jumping. But, she did learn that she has a new favorite thing— learning about bones! Bones are fascinating.

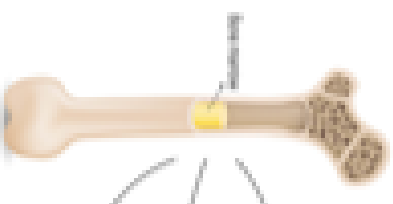
She learned..



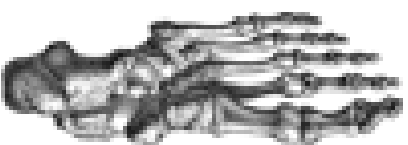
Babies have more bones than adults. Most babies are born with 300 bones while adults only have 206.



Some bones are big, like the femur bone in your thigh. Some bones are tiny, like the teeny bones inside your ear.



Bones are soft on the inside. This is called bone marrow.



There are bones all over our bodies. We have 26 bones in just our feet!

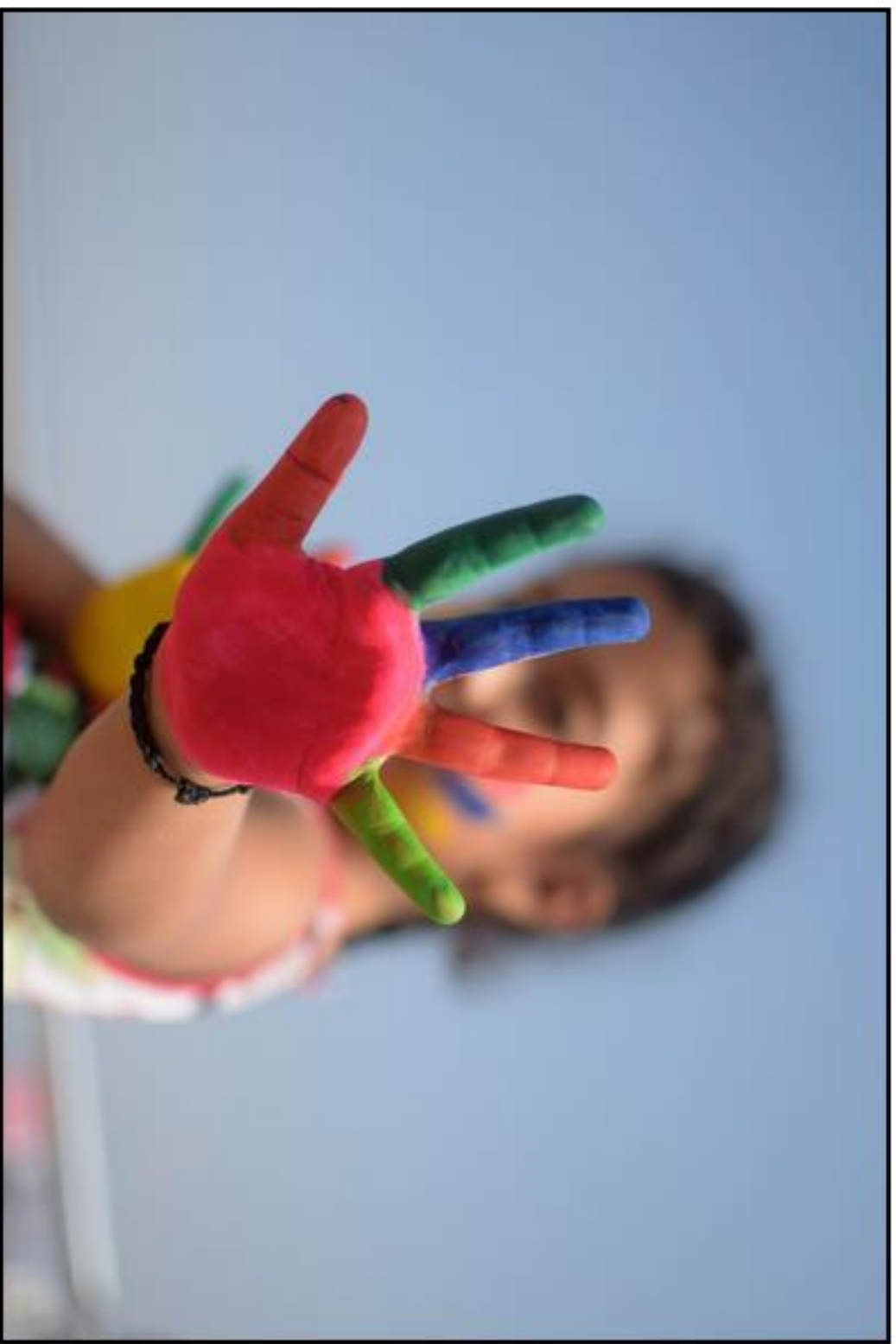


Now summer is almost over and it is time to take off

Aiden's cast. Inside her cast, her bone has been resting, growing and healing. The bone grew back together. Aiden goes back to see her doctor who takes off her blue cast.



Aiden's broken foot bone is all better and doesn't need the cast to help it heal anymore. She's so excited to do her favorite things again. Isn't it amazing that her foot isn't broken anymore all because her incredible bones (and yours, too) can regrow back together?



Counting With My Five Senses

Text by The Project Ready! Team



PROJECT
READY!
SUPPORTING EARLY LEARNING EXPERIENCES

I can...

smell

taste

see

hear

touch



I use my senses every day. My senses help me to gather information about the world around me. I have five senses.



In my kitchen, I use my sense of **smell**. I smell one pizza baking in the oven. Delicious!



When the pizza is ready, I use my sense of **taste**. I taste the cheese and pepperoni on my slice of pizza. Yum!



I look down and use my sense of **sight**. I see my white plate, the pizza crust I never eat, and my dog who is hoping for a bite. No, no doggy!



We're almost done with dinner, and I use my sense of **hearing**.

I hear my sister giggling at a joke, my dog's hungry whine, the tinkling of the ice in my mom's water glass as she takes a drink, and my father saying, "It's time to be excused." Let's go!



We stand and clean up dinner. I use my sense of **touch**. I feel the sticky plates stacked up by the sink, the soapy water, the broom I use to sweep up my crumbs, the crunchy food I pour into my dog's bowl, and his soft fur as I give him a pat. Good dog!



Dinner is over and everything is cleaned up. I have a few minutes to play. I step outside and use my sense of **smell**. I smell the flower just beginning to bloom by my patio.



I listen to the sounds of my neighborhood. I use my sense of **hearing**. I notice a bird calling in the tree and something else....
It's the jangling sound of the ice cream truck. Hooray!



I run to the end of my driveway and wait for my turn. I use my sense of **touch** to buy my delicious treat. I feel the crisp dollar in my hand, the blast of cold air as the ice cream man opens his window, and the crunchy cone holding my dessert. Yay!



I savor my special treat. I use my sense of **taste**. I taste vanilla, strawberry, pistachio, and my favorite– the cherry on top. So tasty!



I finish my treat and look around. I use my sense of **sight**. I see the green grass, the blue sky above me, my neighbor's brick house, the yellow center of a daisy in our garden, and the orange sun just beginning to set. Beautiful!



It has been a wonderful day. I had so much fun using my five senses to experience the world around me. Do you remember the things my sense help me to do?

Let's say them one more time.

I can see. I can hear. I can taste. I can touch. I can smell.



My Body is a Great Body

Text by The Project Ready! Team



No body looks exactly the same. There are many ways that bodies can be different.

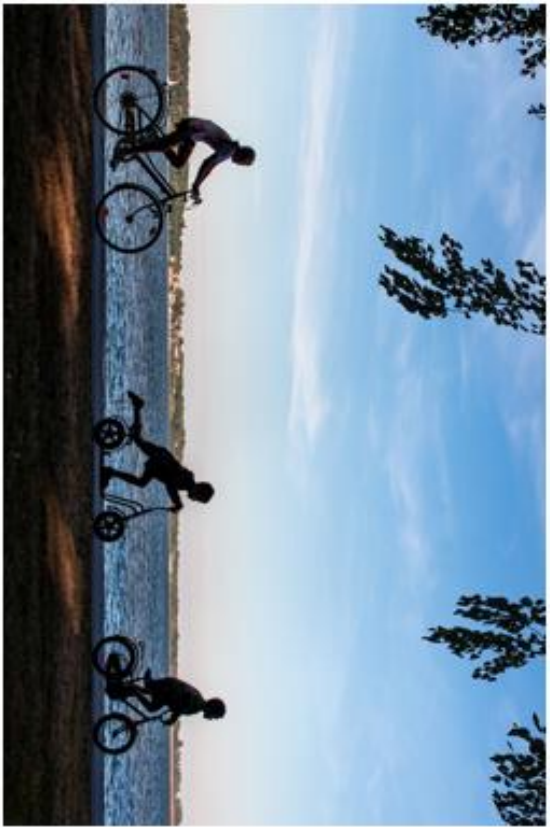


Bodies have different skin colors, hair colors, and eye colors. Every color body is a great body!



Some bodies are big and some bodies are small.

Every size body is a great body!



Bodies are great because they can do amazing things.

Digestive System



Bodies can take in food and turn it into energy for moving and growing.



My favorite food is cereal.
What is your favorite?

Respiratory System



Bodies use the oxygen in the air around them to breathe. Every part of the body needs oxygen all the time.



Taking a big deep breath always helps me feel better when I'm upset.

Circulatory System



Bodies have hearts that pump blood and deliver the blood throughout the body.



My heart beats faster when I exercise.

Muscular System

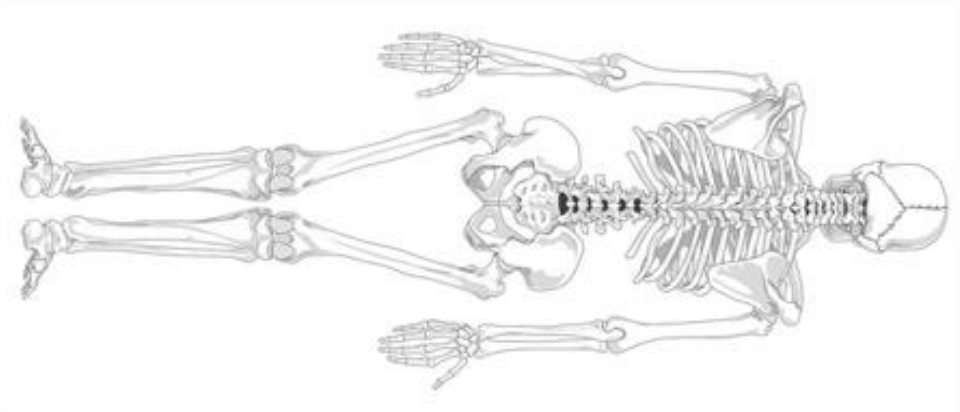


Bodies have strong muscles that help them to move and stretch.



My strong muscles help me push my wheelchair.

Skeletal System



Bodies have bones that help hold them up.



My bone was broken but
it's getting better now.

Nervous System



Bodies have brains that help them take in information and tell them what to do.



My brain is really smart.

Our Five Senses



Bodies have senses that gather information about the world around them. Most bodies can feel, taste, see, hear, and smell.



I can sense the grass around me. I can see it, feel it, hear it and smell it. I don't want to taste it, though.

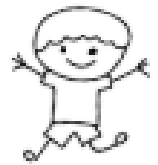


Every body is unique and every body is great ! Take care of
your great body and celebrate the bodies around you.

How can you celebrate your great body?



ALL ABOUT ME



MY NAME IS....

MY AGE

MY FAVORITE THINGS

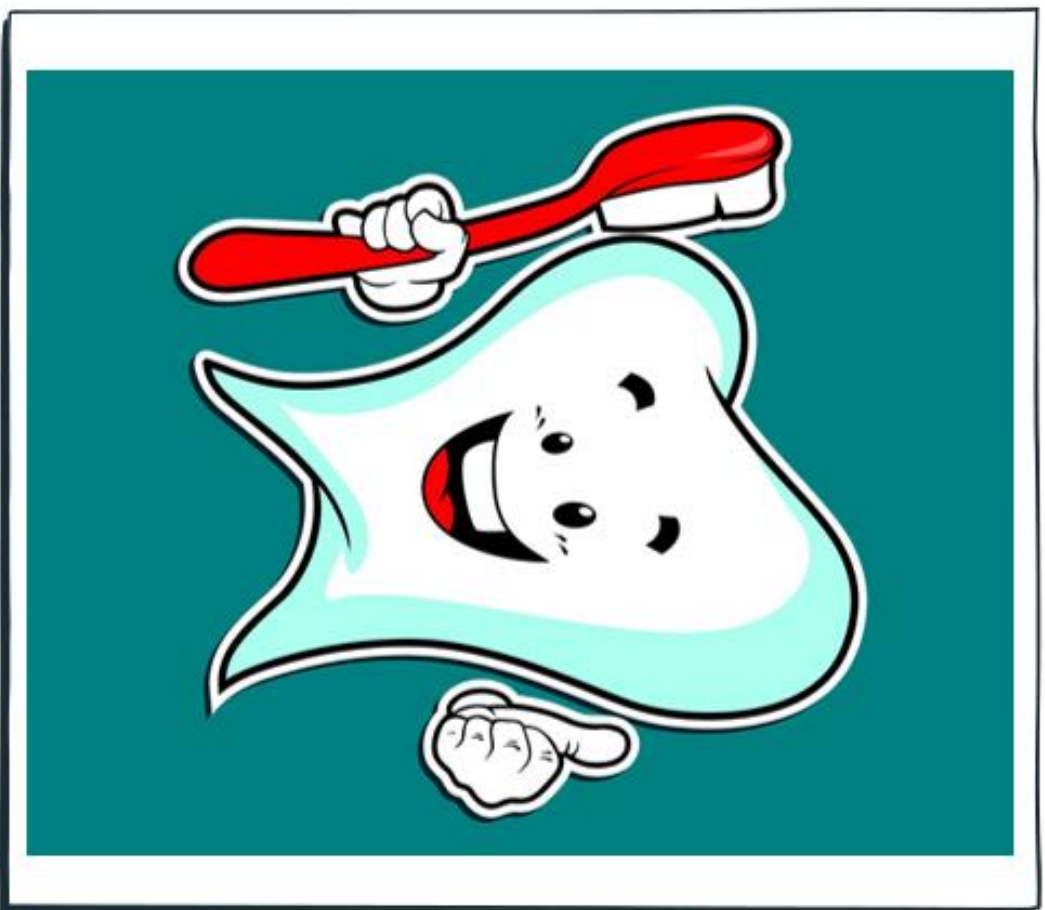
A PICTURE OF ME

A large, empty rounded rectangular box intended for a child to draw a picture of themselves. The box is decorated with a decorative swirl on the left side and another on the bottom right corner.



Teeth

Text by The Project Ready!
Team



Our teeth are really incredible. Let's take a look at some of the things that make teeth so amazing!



Do you know where to find the strongest material in your body? It's inside your mouth, wrapped around each one of your teeth. It's the outside of your teeth -- the enamel of your teeth! On the inside, teeth are soft and porous, but on the outside they are covered by super strong enamel.

We use our teeth in many ways.



biting and chewing



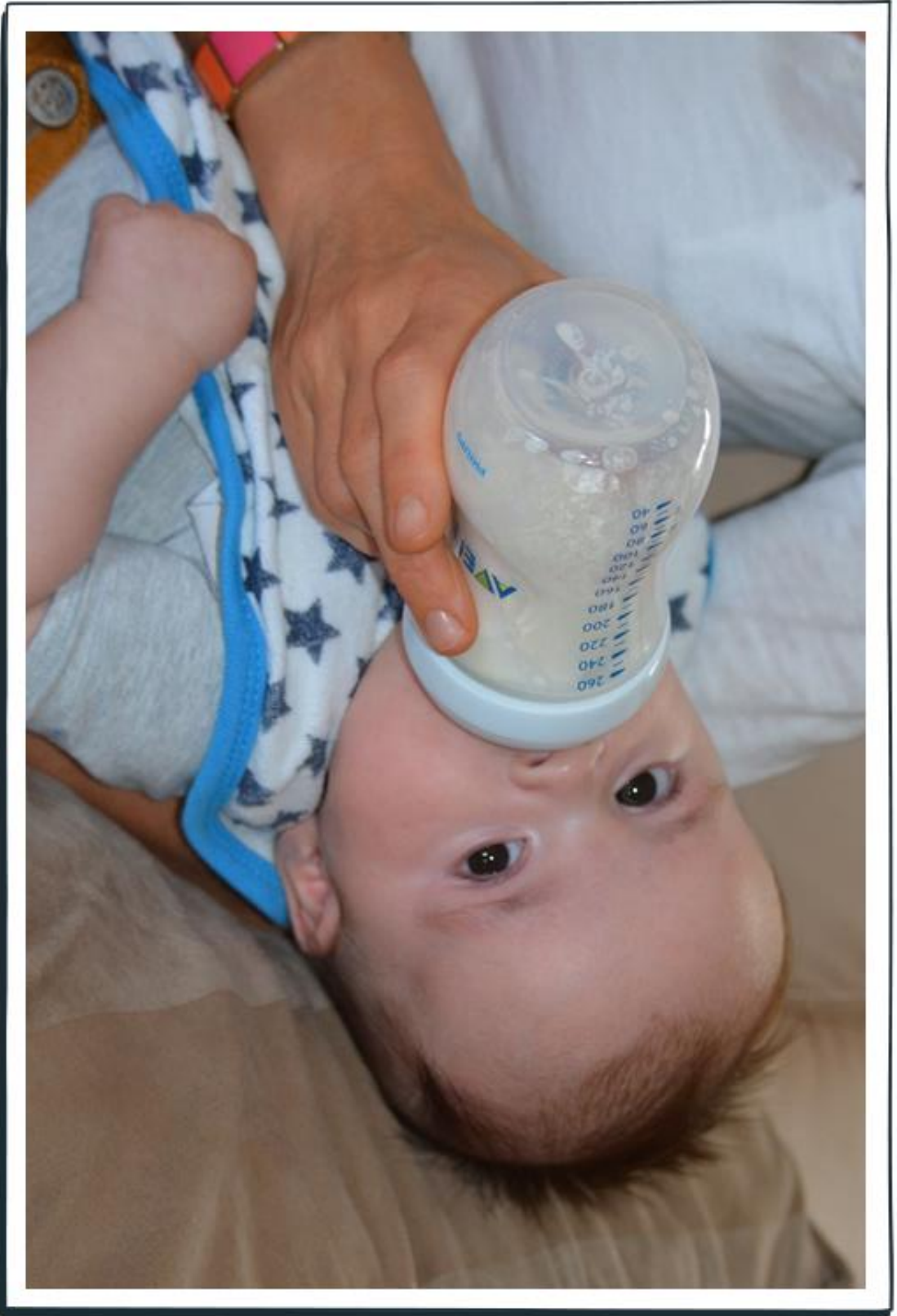
talking and singing



smiling



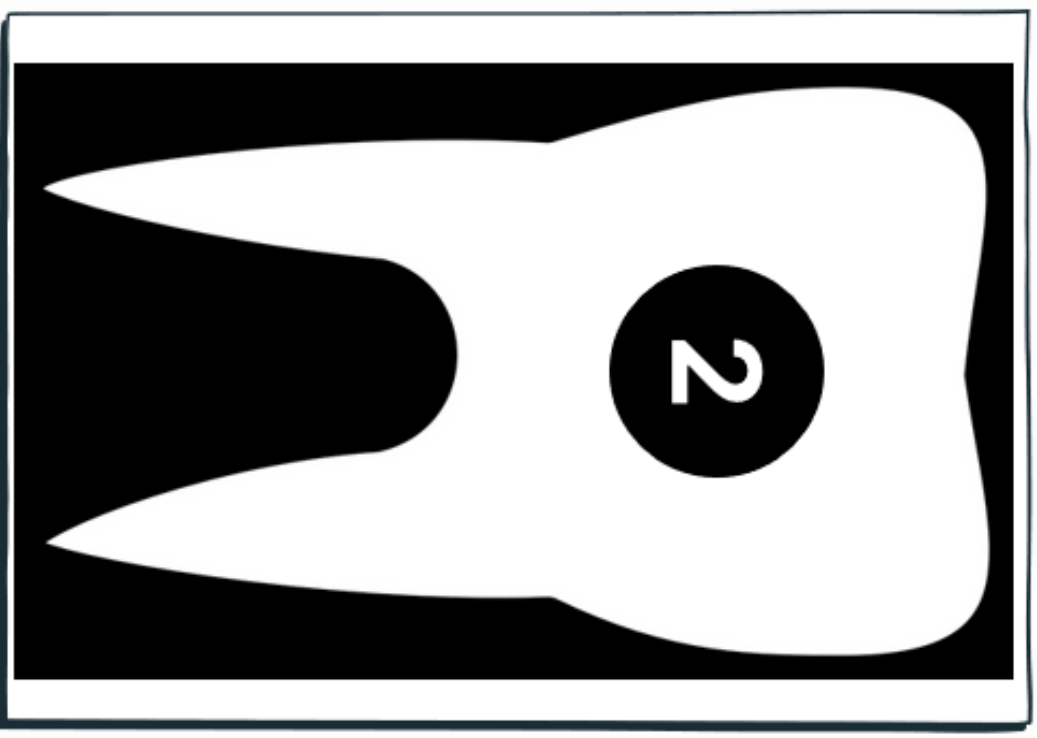
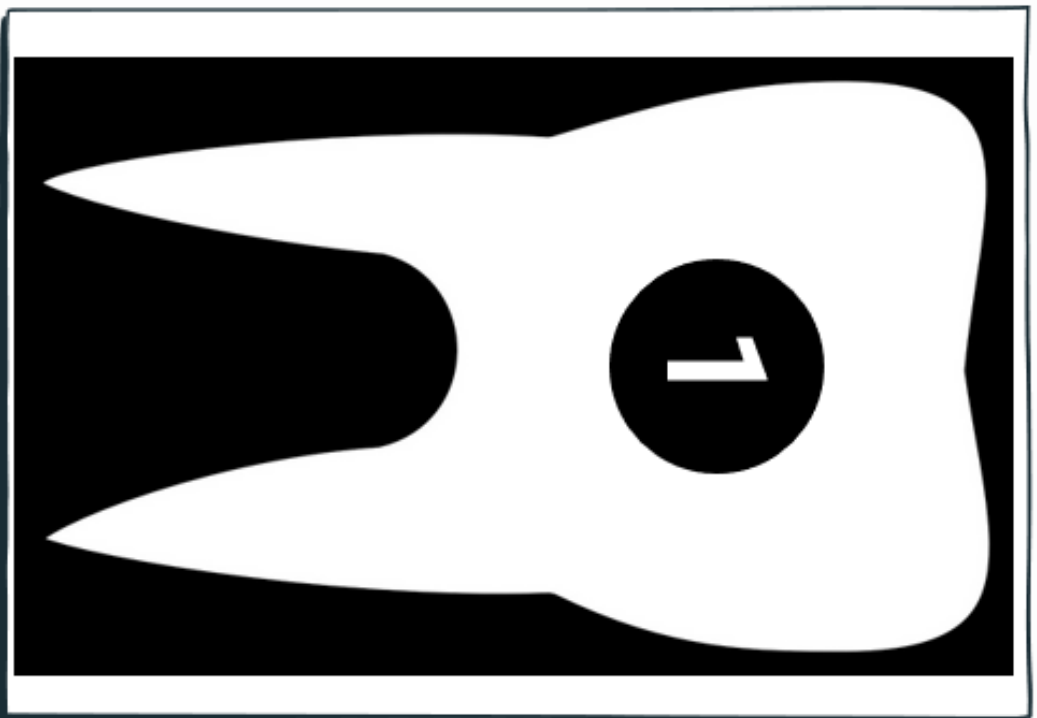
When a new baby is born, their body is very small. They have a lot of growing to do. One thing a baby will start growing is teeth! Babies do not have any teeth when they are first born.



With no teeth, eating food is impossible for a baby. That's why babies only drink milk when they are very young.



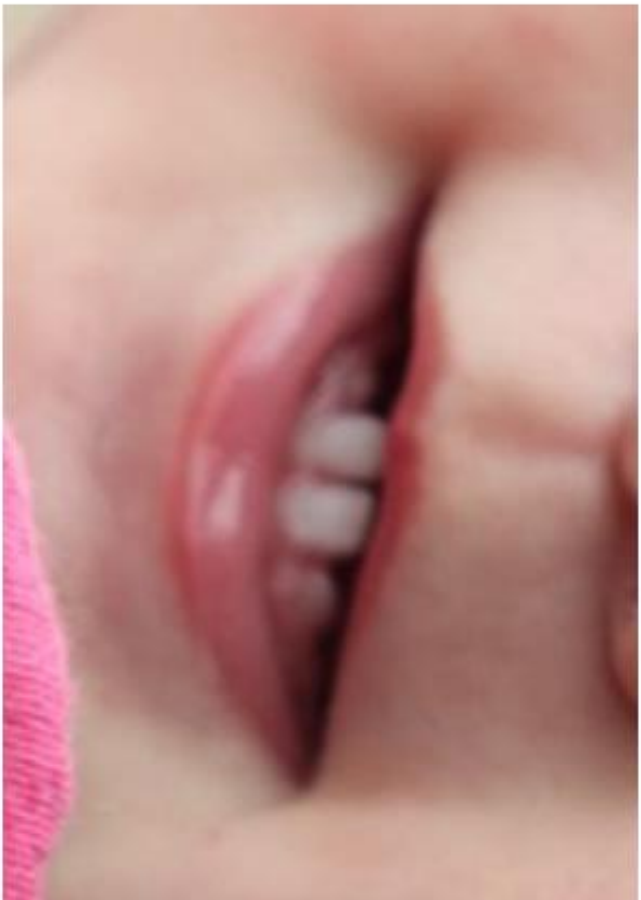
As babies get a little older, they can eat soft foods. These foods are easy for babies to eat even if they don't have many teeth yet because they don't need to be chewed.



When a baby does begin to grow teeth, they usually appear in pairs. A pair is a group of two. Let's count the pair of teeth above.



This baby just grew her first teeth.
How many does she have?



She has two tiny teeth!

2



This baby is riding a tricycle.

Can you count the teeth in his proud grin?



He has four small teeth!





This baby is giggling at the camera.

Can you count the teeth in her glowing smile?



She has six pearly teeth!





This toddler is all dressed up for a special event.
Can you count the teeth in his cheerful smirk?



He has eight shiny teeth!





This little girl is wearing pink lip gloss.

Can you count the teeth in her colorful smile?



She has ten perfect teeth!

10



Very soon, babies grow into big kids with a mouthful of teeth.

This boy has sixteen teeth!

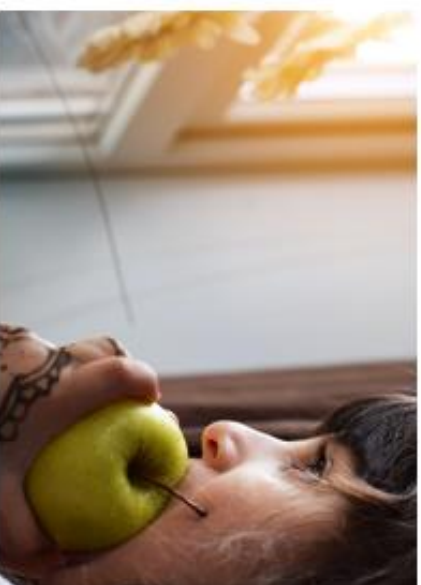
With a mouthful of teeth, you can eat many things.



sweet pastries



buttery corn



crunchy
apples



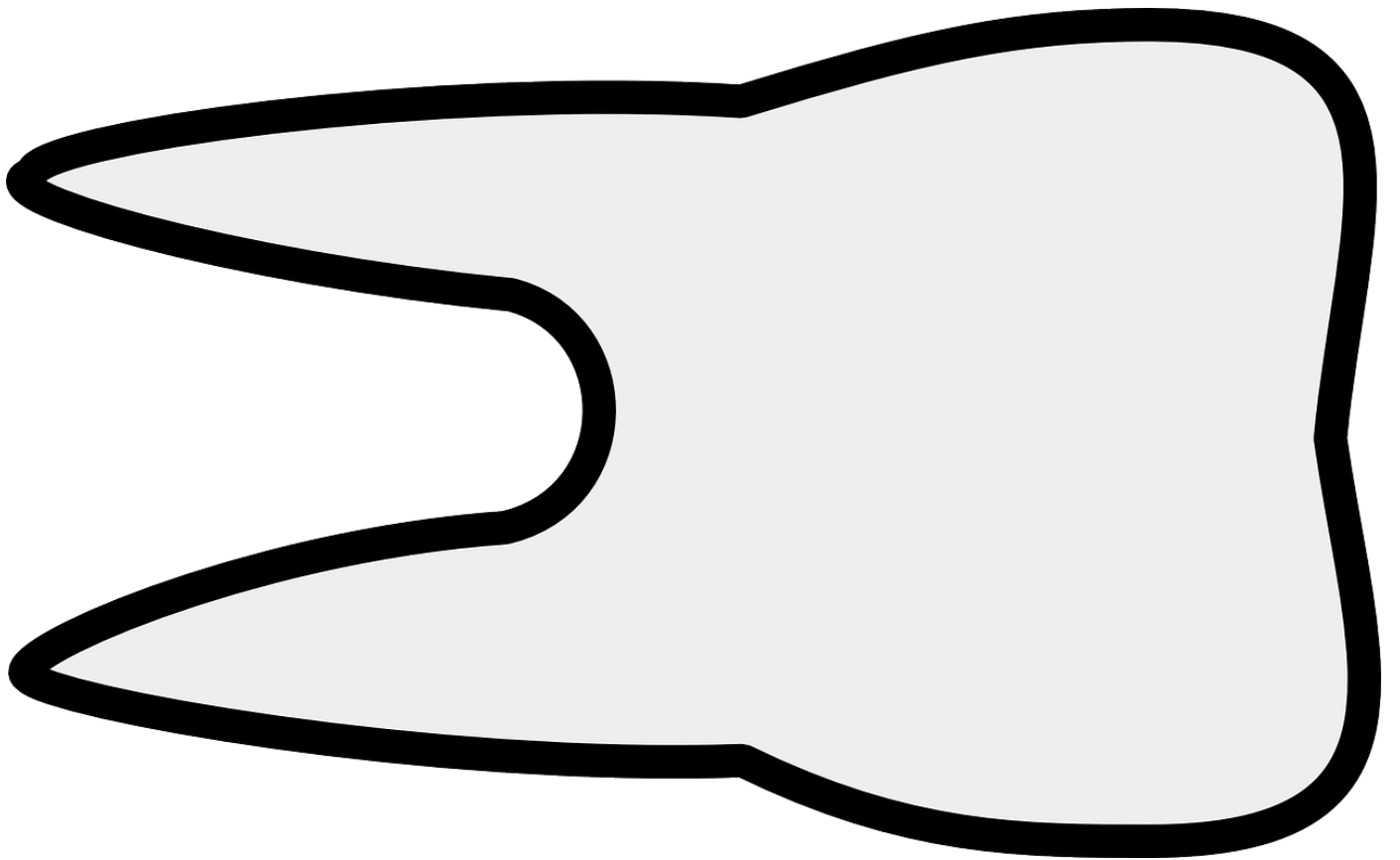
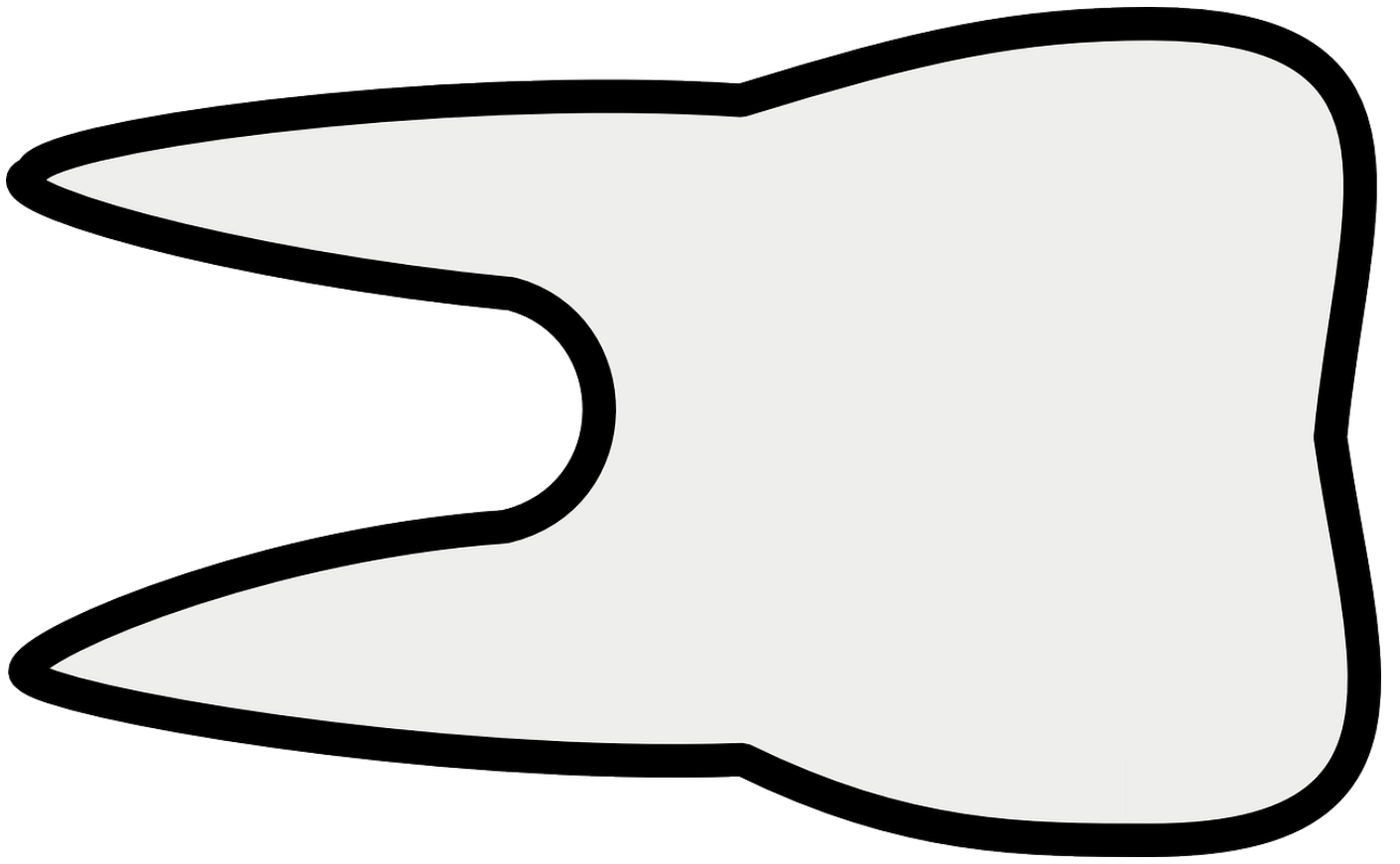
The funny thing about teeth is that when they all grow in, they start to fall out. Don't worry! Your baby teeth aren't meant to stay in your mouth forever.

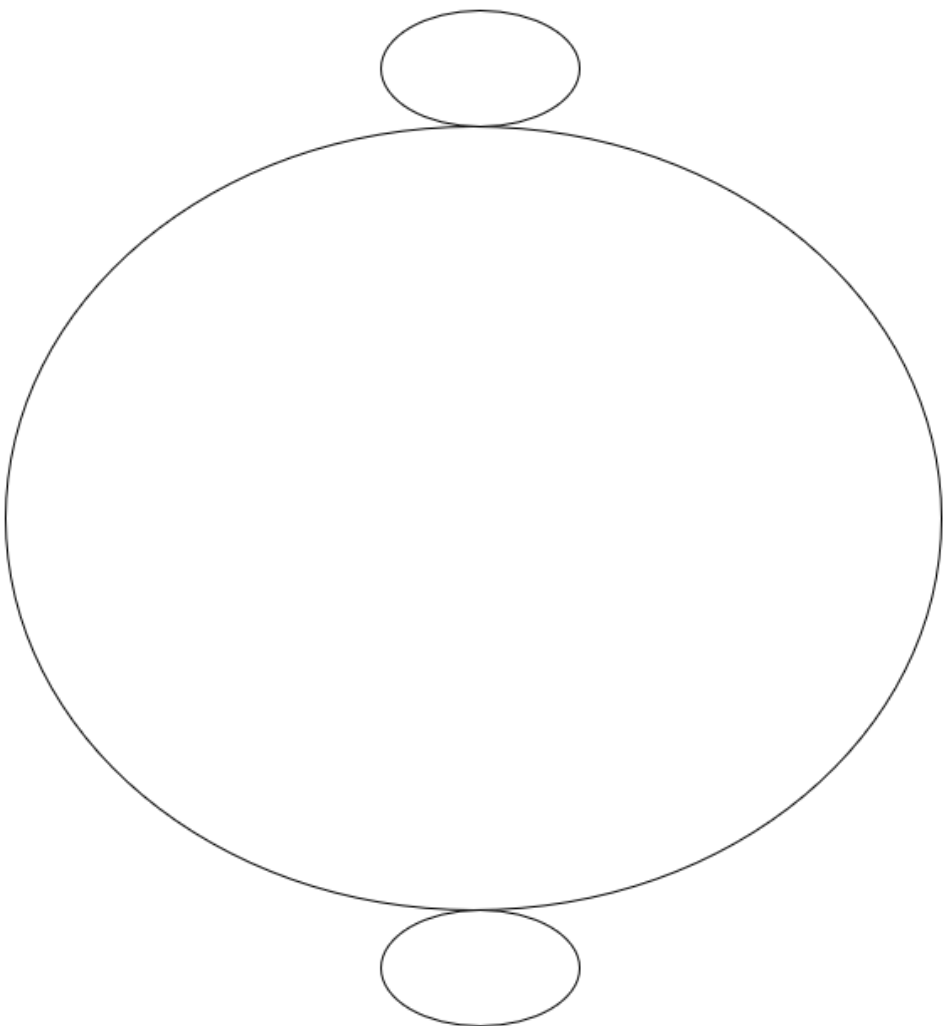


Pretty soon bigger and stronger permanent teeth will grow in their place. You'll have all your grown up teeth around the age of twelve.



Can you show off your smile?





The Feelings Book
by Todd Parr

Sometimes I feel

_____.