



BODY ACTIONS

text and photographs by Shelley Rotner / illustrations by Shelley Rotner and David A. White

GRADES
K-3

About the Book

Energy-packed photographs of kids running, jumping, riding bikes, and using all five senses show the amazing ways in which active bodies function. The photos are overlaid with depictions of the nervous, skeletal, muscular, respiratory, and circulatory systems and major organs. Glossary, notes on the systems and senses, and an index are included.

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SUGGESTED CLASSROOM ACTIVITIES

Language Arts/Math

“Taste” Words—Students can create lists of different foods sorted into the following categories: sweet, sour, salty, spicy, and bitter.

Five Senses Diary—Students can keep a diary of their use of the five senses over the period of a week. What did they see, hear, smell, touch, taste? What part of their body did they use for each one? They can share their lists with the class.

Touch and Feel—Various small objects such as different types of pebbles, sandpaper, a small rubber ball, various leaves, a sugar cube, a small tile, a marble, a quarter, and others can be placed in a large box. Students can be blindfolded and then feel the different objects. Ask students to create a list of touch-and-feel words such as *smooth*, *fuzzy*, *jagged*, *rough*, *hairy*, etc.

Science

Body Systems—Divide the class into six groups, each responsible for finding additional information on one of the body systems: nervous, skeletal, muscular, respiratory, circulatory, and digestive. After their research, each group can create a chart to share with the

class showing the facts they have discovered about their assigned system. They can illustrate their charts with the appropriate diagrams.

Each group can also create a glossary of terms related to their specific body system. Another option is to create a large outline of a human body and have each group add the diagram of their particular system to the body.

Heartbeats—Borrow a stethoscope from a doctor and give the students an opportunity to listen to a friend’s heart. Use a stopwatch and have the students count the number of heartbeats in one minute, and then record it on a chart next to the student’s name.

Bones—Students can use an encyclopedia or an online resource to find the names of the major bones of the body. They can label the major bones on a large skeleton on a bulletin board, or they can do it individually.

Bones that can be labeled are skull, ribs, vertebrae, clavicle, scapula, humerus, ulna, radius, pelvis, femur, patella, tibia, and fibula. For an even more detailed project, have students label the bones in the hands and feet: tarsal, metatarsal, carpal, metacarpal, and phalanges.

Music

“Hokey Pokey”—<http://kids.niehs.nih.gov/games/songs/childrens/hokeymid.htm>

Presents the complete lyrics to this traditional song. Students can sing it, do what the words instruct, and “Get Moving!!”

“Head and Shoulders, etc.” —www.kididdles.com/lyrics/hoo2.html

Presents the words for this well-known song, as well as an audio clip. Students can sing along and perhaps even create additional lyrics of their own using various body parts.

“Dem Bones”—www.songsforteaching.com/folk/dembones.php

Presents the lyrics to this traditional song, and a “click” for a piano accompaniment. Students can point to their own bones as they sing the song.

Classroom Activities prepared by Sandy Schuckett, school library consultant.

About the Creators

Shelley Rotner is a writer, teacher, museum educator, and photographer. She wrote *Body Actions* and took all the photographs in this book. She also helped create *Shades of People*, written with Sheila M. Kelly, which is an ALA Notable Children’s Book. She lives in Northampton, Massachusetts.

David A. White is an illustrator, cartoonist, toy creator, and video game artist with a passion for giant robots. He created the illustrations of the inside parts of the body and overlaid them on the photographs. He has worked with LEGO, Mattel, and Mirage Studios, among others. This is his first hardcover trade book. His studio is in Easthampton, Massachusetts.