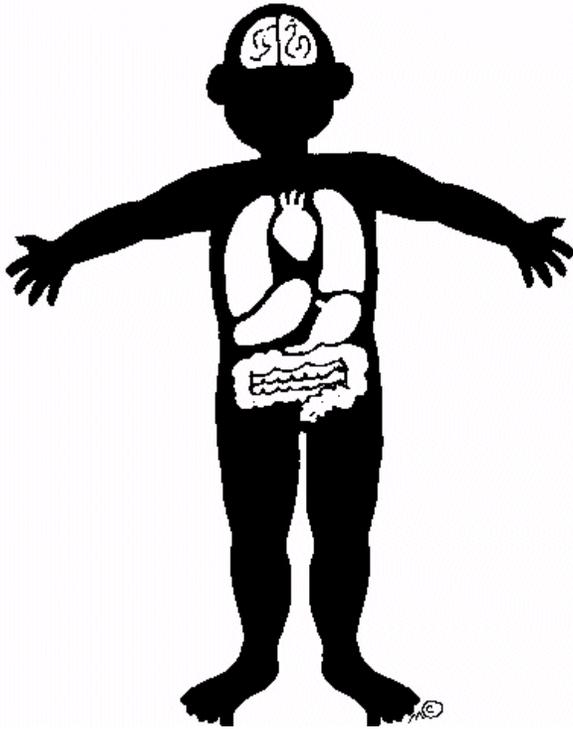
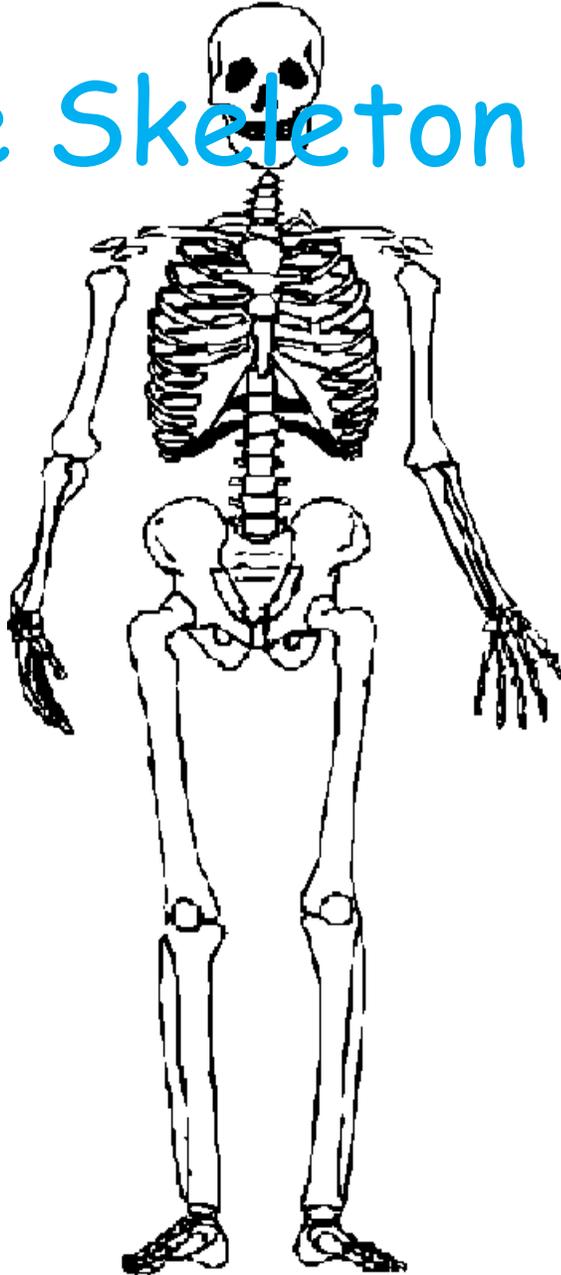


# The Human Body



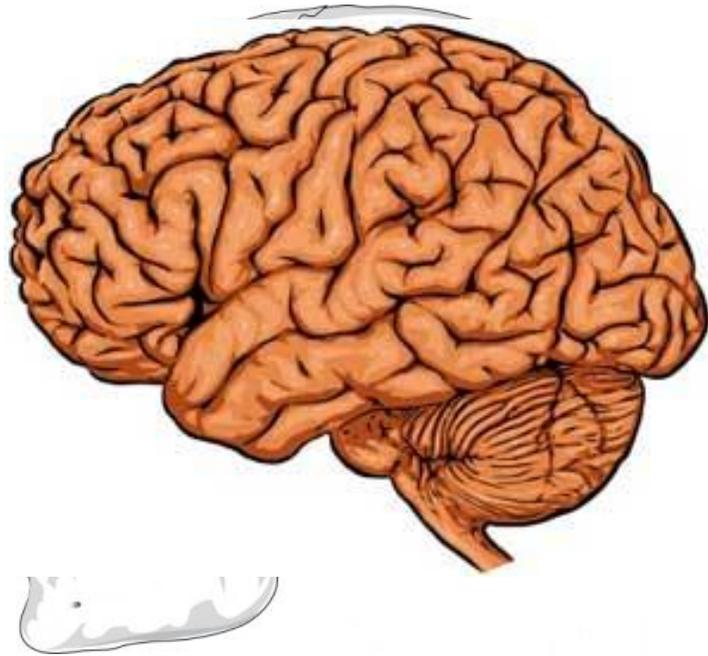
# The Skeleton



The Skeleton is made up of lots of bones.

The bones help you move and protect the organs inside you.

# The Brain



Your brain lives inside your skull and is the boss of your body. It runs the show and controls just about everything you do, even when you're asleep.

Your brain controls.....

Your movement, balance, co-ordination

Your thinking

Your memory

Your breathing

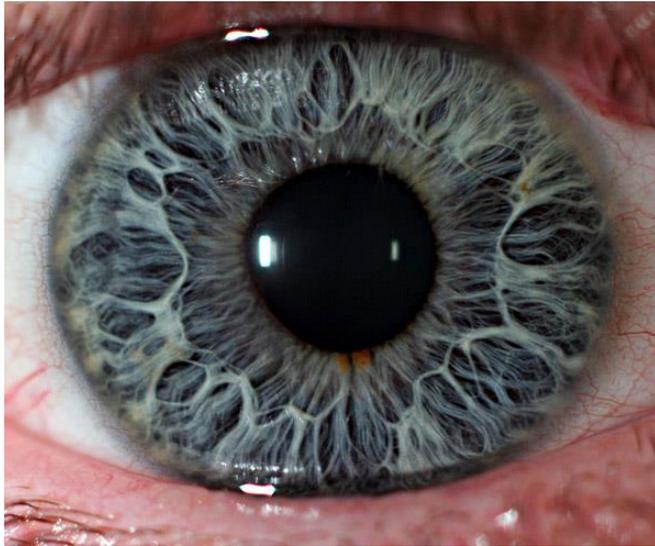
Your digestion

Your heart

Your growth

Your temperature

# Eyes



Your eyes are at work from the moment you wake up to the moment you close them to go to sleep. They take in tons of information about the world around you — shapes, colours, movements, and more. Then they send the information to your brain for processing so the brain knows what's going on outside of your body.

When you look at something your eyes see it upside down but your brain will cleverly know how to turn it so it is the right way.

Crying and blinking protect your eyes from germs, dust and drying out.

# Nose



Your nose lets you smell and it's a big part of why you are able to taste things.

Your nose is one of the ways you get air into your body.

If you look inside your nose, you will also see hairs that can trap large particles, like dirt or pollen. If something does get trapped in there, you can probably guess what happens next. You sneeze which will send all the unwelcome particles flying out.

# Mouth



Your tongue is a muscle.

Your tongue works along with your teeth to help you....

Talk

Move food around your mouth while you are chewing and then push the food down towards your stomach.

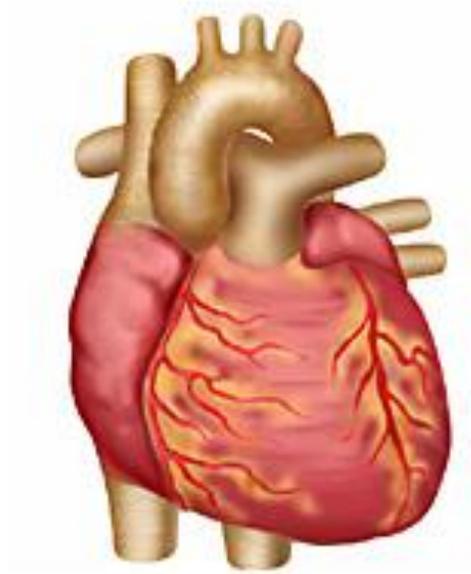
# Ears



Your ears are in control of listening for different sounds and sending them to your brain.

Your ears help to keep you balanced and not fall over.

# Heart



Your heart is a muscle.

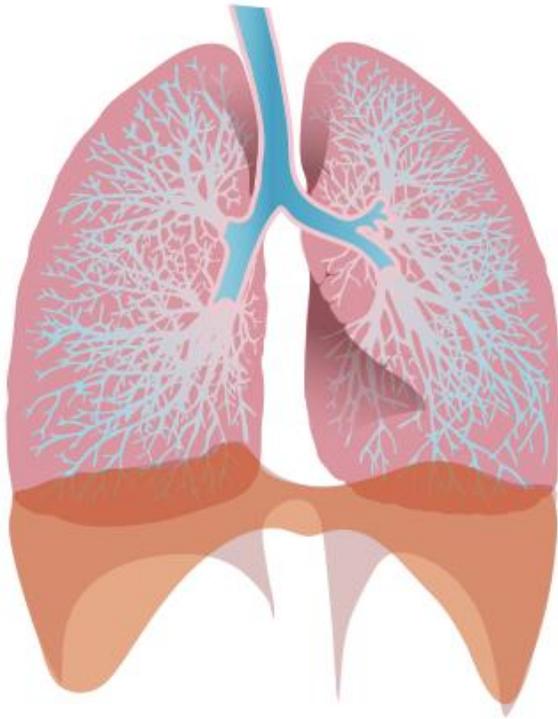
The heart sends blood around your body.

The blood provides your body with the oxygen and nutrients it needs. It also carries away waste.

Even though your heart is inside you, you know its working from the outside by finding your pulse.

Try to find your pulse.

# Lungs



Your lungs are one of your largest organs in your body.

They work with your brain to allow to breathe in fresh air and get rid of stale air.

They also help you talk.

Your lungs are protected by your ribcage.

You can't see your lungs but you can feel them working. Place your hands on your chest and breathe in deeply (you will feel your chest getting bigger), and then breathe out (you will feel your chest going back to normal size).

The Human Body is an amazing  
and wonderful thing.

Every minute of the day it is  
working very hard.

So you need to look after it  
and keep it healthy.