

# HUMAN BODY

## Tabbed Flip Book



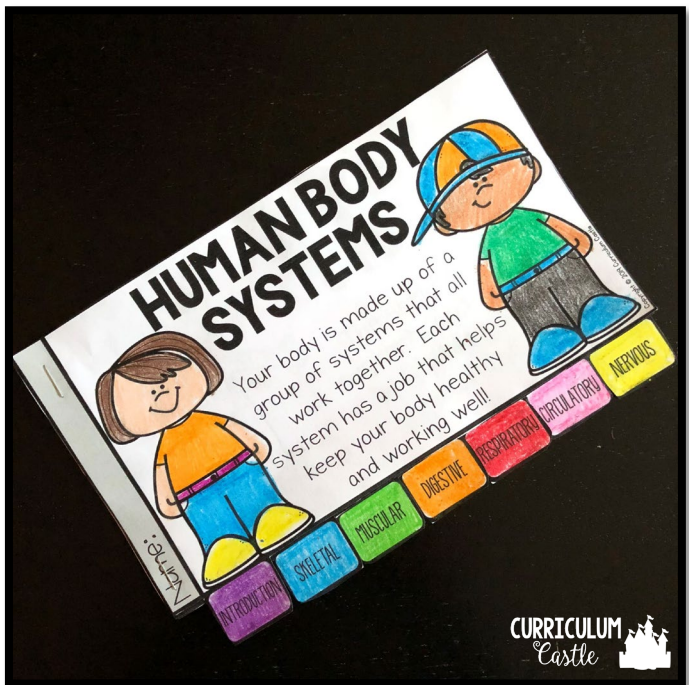
BY: CURRICULUM CASTLE

# Human Body Systems

## Tabbed Flip Book

### Materials:

- book templates
- scissors
- crayons/markers
- stapler



### Directions:

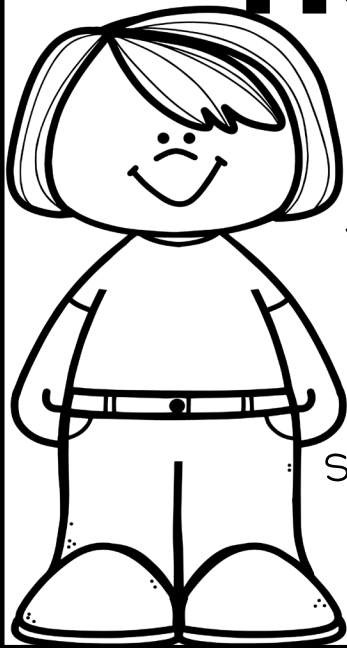
1. Print and copy the book templates on pages 3-6 for each student.
2. Have students color the pages and tabs if desired.
3. Cut out each page and make sure students carefully cut out the tabs as well.
4. Layer the book in the following order: **Introduction, Skeletal, Muscular, Digestive, Respiratory, Circulatory, Nervous.**
5. Staple on the shaded gray side.
6. Read together as a class.

# Human Body Systems

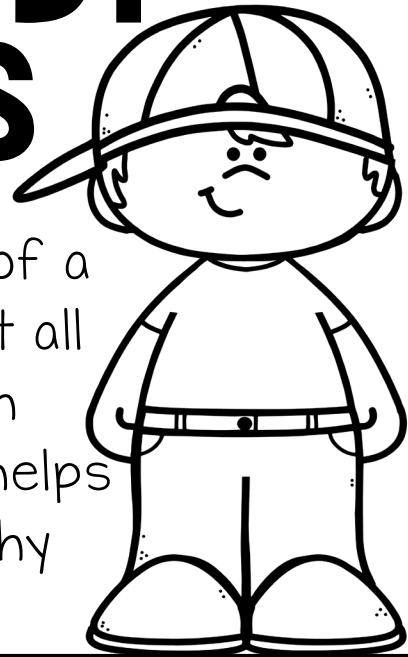
## Tabbed Flip Book

Directions: Color and cut out each body system page. Layer the pages together and staple to create a tabbed flip book.

# HUMAN BODY SYSTEMS

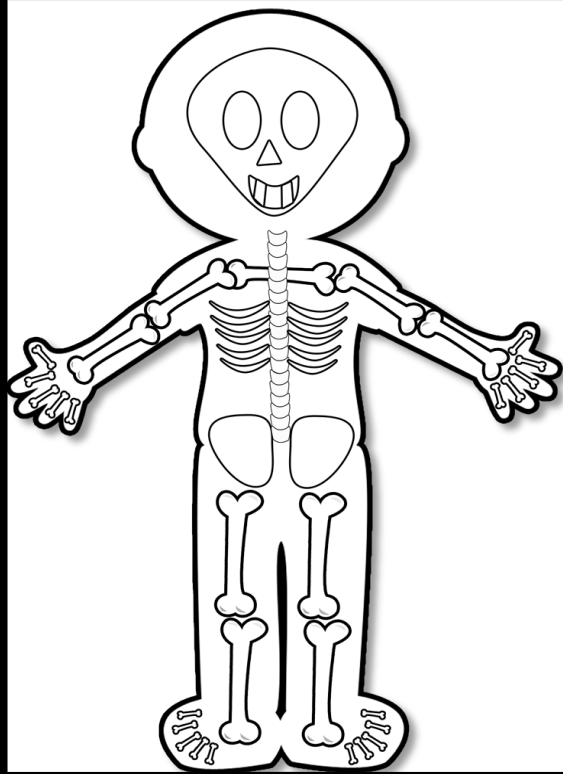


Your body is made up of a group of systems that all work together. Each system has a job that helps keep your body healthy and working well!



INTRODUCTION

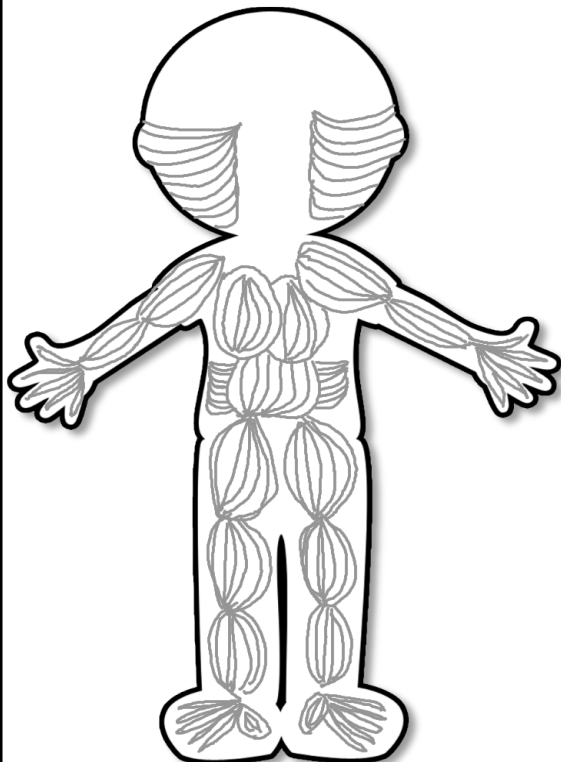
Name: \_\_\_\_\_



# SKELETAL SYSTEM

The skeletal system supports and moves the body while protecting some of the organs.

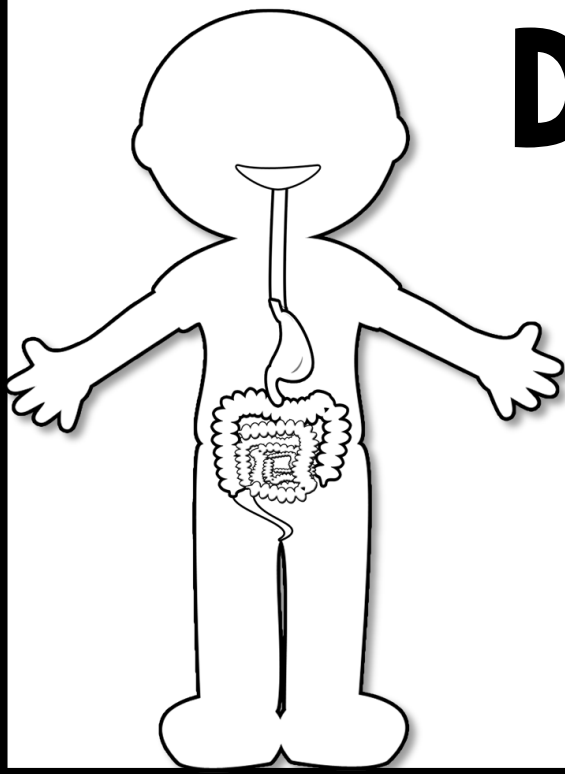
SKELETAL



# MUSCULAR SYSTEM

The muscular system controls all movement in the body.

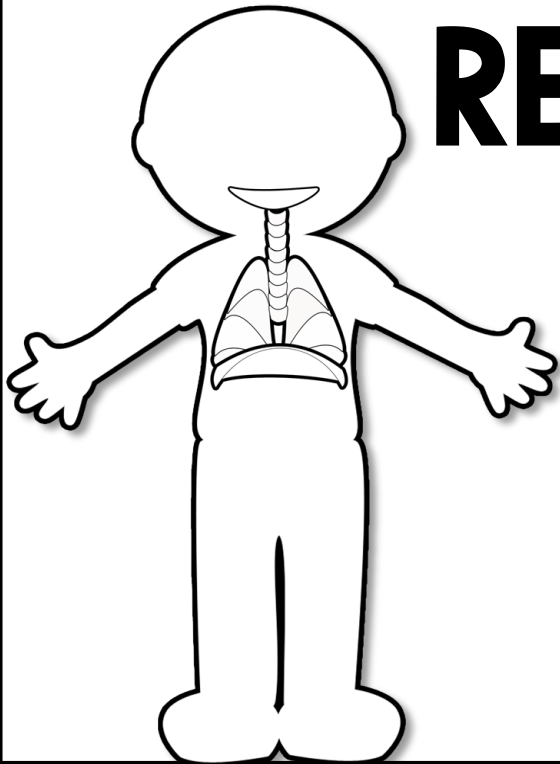
MUSCULAR



# DIGESTIVE SYSTEM

The digestive system changes food into a form that can be used in the body.

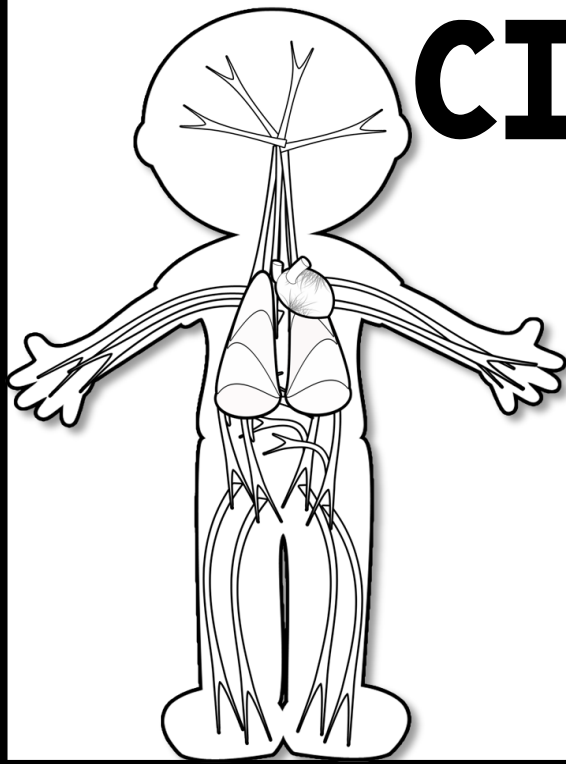
DIGESTIVE



# RESPIRATORY SYSTEM

The respiratory system brings in oxygen for the body to use and takes away carbon dioxide.

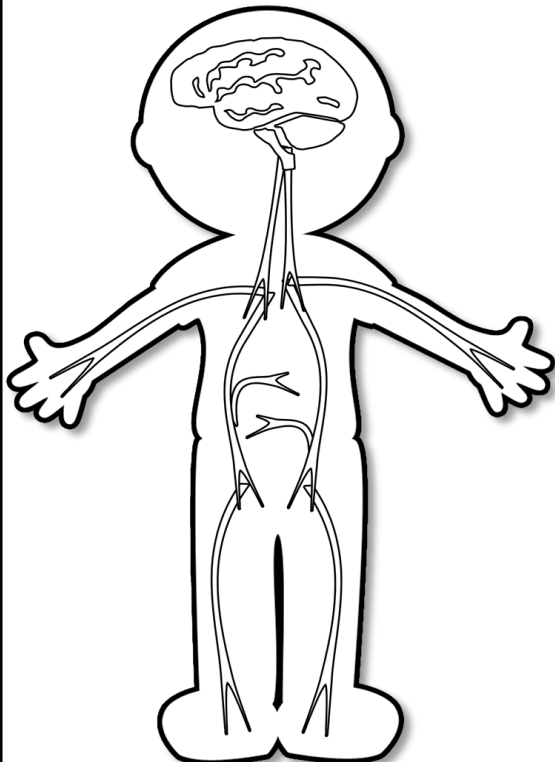
RESPIRATORY



# CIRCULATORY SYSTEM

The circulatory system carries materials, like food and oxygen, to the cells in the body.

CIRCULATORY



# NERVOUS SYSTEM

The nervous system receives and carries messages to control the body.

NERVOUS



# SKELETAL SYSTEM

The skeletal system supports and moves the body while protecting some of the organs.

There are 206 bones in an adult skeleton!

**Vocabulary Cards**

Materials:  
 colored paper  
 scissors  
 glue  
 optional:  
 hole punch  
 binder rings

Name: \_\_\_\_\_ KWL

What I Know...	What I Wonder...

**Skeletal System**

Name: \_\_\_\_\_

**Skeleton & Bones**

Inside your body are many bones, which include 206 in an adult skeleton. The skeleton helps you shape and hold your body together. It also protects your organs. Your ribs make a special cage shape that protects your heart. Your skeleton's bones are connected by your body to move around. More than half of found in your hands and feet! These bones help movements you do everyday - like holding a pencil.

Directions: Read each statement. Mark the correct box indicating where you found your answer.

STATEMENT	TRUE	FALSE
1. The skeletal system gives your body shape.		
2. The skeletal system does not help the body move.		
3. The rib cage is a special cage shape that protects your heart.		
4. More than half of the skeleton is found in your hands and feet.		

**Parts of a Skeleton**

Directions: Using the word bank, label the skeleton.

Name: \_\_\_\_\_

Materials:  
 play dough  
 scissors  
 straws or toothpicks

Directions:  
1. Give each student or pair play dough, straws and/or toothpicks.  
2. Instruct students to build bodies using straws or toothpicks ("bones") in one and no straws or toothpicks in the other. They can use scissors to cut the straws to fit just right.  
3. Instruct the base of the feet should be made to create a flat surface. This makes it easier when testing how well the "bones" stand up.

**My Bones**

Question: Why are bones an important part of the human body system?

Activity: Make one "body" using only play dough (either "body" using play dough and straws or straws as the "bones").

Observations: Draw what happened to your dough body.

Play Dough with Bones

Conclusion: What did you learn?

# Click HERE to see more!

# MUSCULAR SYSTEM

The muscular system controls all movement in the body.

When you smile, you only use 17 muscles, but when you frown...

**The MUSCULAR System**

Name: \_\_\_\_\_ KWL CHART

What I Know...	What I Wonder...	What I Learned...

**Muscle**

tissue that causes movement in the body.

Directions: Read each statement. Mark the correct box indicating where you found your answer on the worksheet.

STATEMENT	TRUE	FALSE
1. There are over 600 muscles in the body that help you move.		
2. Voluntary and involuntary muscles...		

**Science Observation: Why are Bones Important?**

Materials:  
 several heavy books  
 apple slice for each student  
 napkins or paper plates  
 station cards  
 science observation sheet

Directions:  
1. You will be setting up 3 stations for your student to explore the 3 main types of muscles.  
2. Print the station cards on pages 33-35. Fold the half to create a "tent".  
3. Place each card in the 3 different stations around the classroom.

- Skeletal - have heavy books placed on desks to simulate a lift
- Cardiac - create an open space to allow your jump
- Smooth - have meals close on numbers or straws

**Station #1-Skeletal Muscle**

What did you feel in your upper arm when lifting the heavy book?

**Station #2-Cardiac Muscle**

What changes did you feel in your heartbeat before and after doing the jumping jacks?

**Station #3-Smooth Muscle**

Voluntary muscles are muscles you have more control over. Involuntary muscles are muscles you CANNOT control.

Circle which type of muscle is being used when you:

- chew and swallow Food:  VOLUNTARY  INVOLUNTARY
- food reaches your stomach:  VOLUNTARY  INVOLUNTARY

# DIGESTIVE SYSTEM

The digestive system changes food into a form your body can use.

**HUMAN BODY SYSTEMS**

Your body is made up of a group of systems that work together to keep you healthy. Each system has a job that helps you stay healthy and strong!

Systems: Skeletal, Muscular, Digestive, Respiratory, Circulatory, Nervous.

**My Body Systems**

My DIGESTIVE SYSTEM

My RESPIRATORY SYSTEM

**Station #1-Skeletal Muscle**

**Station #2-Cardiac Muscle**

**Station #3-Smooth Muscle**

**Digestion in a Bag**

Question: How does the stomach break down food during the digestive process?

Activity: Place bread and water in a zip bag.

# RESPIRATORY SYSTEM

The respiratory system brings in oxygen for the body to use and takes away carbon dioxide.

Children breathe at a faster rate than adults!

**The RESPIRATORY SYSTEM**

Name: \_\_\_\_\_

What I Know...

**Hands-on activities & crafts**

My DIGESTIVE SYSTEM

My RESPIRATORY SYSTEM

**Station #1-Skeletal Muscle**

**Station #2-Cardiac Muscle**

**Station #3-Smooth Muscle**

**Inhale, Exhale!**

What do the paper bags in this activity represent?

What do the straws in this activity represent?

What did you notice happened as you blew air into the straws?

# CIRCULATORY SYSTEM

The circulatory system carries oxygen and nutrients to your cells and carries away carbon dioxide.

It takes about 20 seconds to circulate the blood through the entire body!

**The CIRCULATORY SYSTEM**

Name: \_\_\_\_\_

What I Know...

**Circulatory System**

1. The heart, blood, and blood vessels make up the circulatory system.

2. The heart is NOT a muscle.

3. The blood in your body is made up of red and white blood cells.

arteries

veins

lungs

heart

stomach

large intestine

small intestine

**CIRCULATORY SYSTEM**

1. Place the black & white printables in a sheet protector or laminator.

2. Display the colored printables as a visual guide along with red and blue play dough in your science center.

3. Students will explore by rolling out small, thin tubes ("blood vessels") of red and blue play dough.

4. They will place the red tubes along the arteries and blue tubes along the veins.

5. Ask students to explain the function of arteries and veins.

**circulatory Challenge**

Question: How many times can your group circulate the "blood" in one minute?

Activity: As a group, pass the "blood" in the correct circulation order.

Prediction: \_\_\_\_\_ Actual Result: \_\_\_\_\_

# NERVOUS SYSTEM

The nervous system receives and carries messages to control the body.

Your body can send messages to your brain at the speed of 200 miles per hour!

**The NERVOUS SYSTEM**

Name: \_\_\_\_\_

What I Know...

What I Wonder...

**Your Amazing Brain II**

Your brain is your body's control center. It tells you what to do. The nervous system, which spinal cord and a large network of nerves, carries messages from the brain to the rest of your body. The brain is in your head, and the spinal cord runs down your back to your brain. The brain is the largest part of the nervous system. The cerebellum and brainstem control balance and coordination of your brain. The brain also controls automatic breathing and coughing.

Directions: Read each statement. Mark the correct box indicating where you found your answer on the worksheet.

STATEMENT	TRUE	FALSE
1. The brain only controls the way you think.		
2. The cerebellum controls balance and coordination.		
3. Nerves send signals to your brain.		

**Science Observation: Right or Left Side?**

Materials:  
 pencil  
 scissors  
 book  
 ball  
 observation sheet

Directions:  
1. Explain to your students that body movements are controlled by two sides of the brain. The LEFT side of the brain controls the RIGHT side of the body and the RIGHT side of the brain controls the LEFT side of the body.  
2. Instruct them to complete the activities on page while recording what side they use. Tell them that although most people have a favorite hand they use to do things, many people are not completely left-handed or right-handed.  
3. Students can then share their results with the class.

**Right or Left Side?**

Question: Which side of your brain is stronger (more dominant)?

Activity: Read and complete each activity. Record your results in the table below. Check the box for the FIRST body part you use in each activity.

My Observations:

Activity	Right	Left
1. Hop on one foot.		
2. Write your name.		
3. Blink one eye.		
4. Use scissors.		
5. Pick up a book.		
6. Throw a ball.		
7. Kick a ball.		

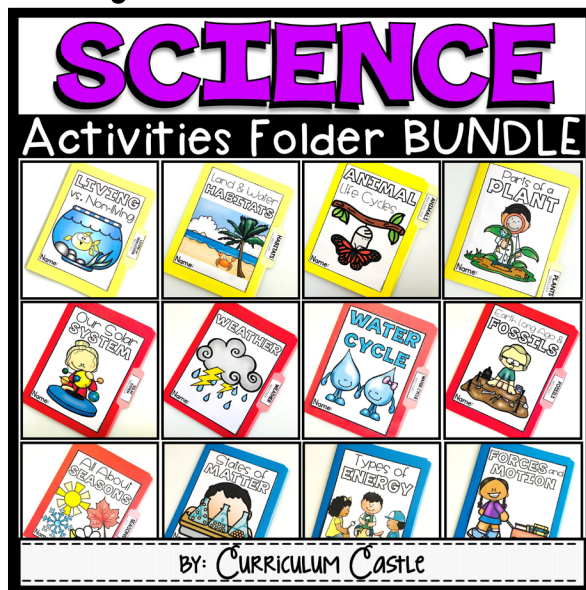
Conclusion: Circle which side of your brain seems to be the dominant side. Remember, the right side of your brain controls the left side of your body and the left side of your brain controls the right side of your body.

RIGHT LEFT

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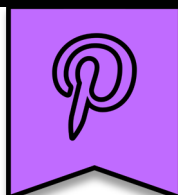
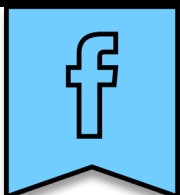
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by Yvette Florez and Jessica Ruiz. As such, it is for use in one classroom only.

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