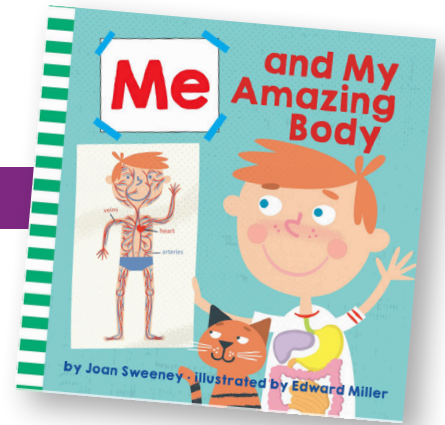


# Me and My Amazing Body



## A RIF GUIDE FOR EDUCATORS

**Themes:** Anatomy, Health, Wellness

**Book Brief:** From your head to your toes and everything in between, this playful introduction to anatomy explains all the important parts of your body.

**Author:**  
Joan Sweeney

**Illustrator:**  
Edward Miller

## TIME TO READ!

### BEFORE WE READ LET'S LOOK AT...



**The Cover:** Show students the cover and read aloud the title. Ask students to make predictions about what the book will teach us.

**Prior Knowledge:** Ask, "What are some body parts that we can see? What are some body parts that we cannot see?" Encourage students to point to the location on their body when applicable.

**Vocabulary:** This story will introduce and define many terms that make up our body's anatomy. Take some time to ensure that students know that our **anatomy** is what is inside of our bodies and cannot be seen with our eyes.

**Purpose for Reading:** "As we read, pay attention to how these different parts of our body help us live."

## WHILE WE READ

### COMPREHENSION QUESTIONS (LEVELS 1-4)

- **Level 1:** When a new body part is introduced, tell students to point to it on the page or on their own body.
- **Level 2:** Is this body part on the inside or the outside of our body?  
(Students may use a hand gesture or body movement to show understanding of inside or outside.)
- **Level 3:** How does this part help the other parts of our body?
- **Level 4:** What would happen if we did not have [insert body part]?

## LET'S THINK ABOUT

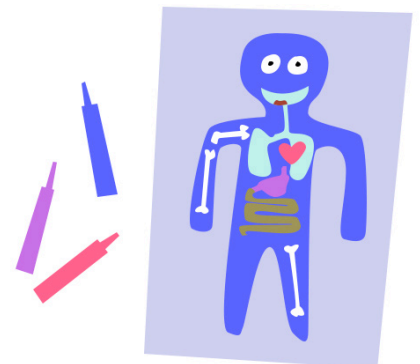
Ask, "What is something new that you learned about inside your body? How do these different parts help us live?"

### BOOK ACTIVITY:

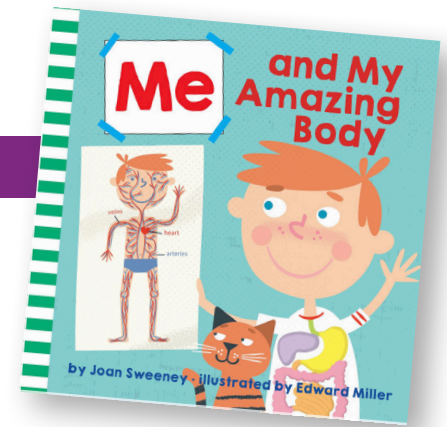
#### Drawing Inside Our Bodies

Materials: roll of butcher paper, crayons/pencils/markers

Have several children lay down on the paper and trace around their bodies. As you do this you can talk about who is tallest, how many arms and legs, etc. Then, using the book as a guide, have your students draw the insides of the body (e.g., bones, muscles, organs). As they are drawing, encourage talk by asking questions such as, "What body part are you drawing?" "What does it do?" "How does it help the other body parts?" This is a great opportunity to assess what information students learned from the read aloud. Afterwards, you can label the body parts as a class and hang up your bodies for a classroom display.



# Me and My Amazing Body



## A RIF GUIDE FOR FAMILIES

**Themes:** Anatomy, Health, Wellness

**Book Brief:** From your head to your toes and everything in between, this playful introduction to anatomy explains all the important parts of your body.

**Author:**  
Joan Sweeney

**Illustrator:**  
Edward Miller

## TIME TO READ!



**Before:** This story teaches children about anatomy and how the body functions. Before reading, explain to your child how there are parts of our bodies that are inside and cannot be seen with our eyes. Flip through the pages and ask your child, “How do you think this body part helps us?”. Encourage your child to make predictions about what they are going to learn about that body part.

**During:** As you read, encourage your child to make connections between what they predicted and what they learn on the pages.

**After, ask questions:**

- Which body parts did you learn about? Is this part inside or outside of our bodies?
- How does the \_\_\_ help us live?
- Why is it important that our body has \_\_\_?
- Which body part that you learned about is your favorite? Why?

## CONVERSATION STARTERS

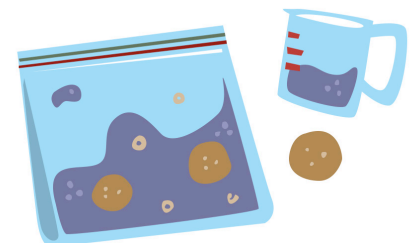
**Language Awareness** means “talking like a book.” Read aloud every day so your child can learn that print sounds different than oral language. After you have read aloud the story several times with your child, flip through several pages and allow your child to “read” the story to you. Although they may not be reading the exact words on the pages, you will notice them “reading” by using illustrations to support their retelling. You child will demonstrate their understanding that this is an informational book by using a factual tone while “reading.”

## RELATED ACTIVITIES

### DIGESTING STOMACHS

Materials: a Ziplock bag, any hard food item (e.g., crackers, cereal), a cup of water, a spoon

Have your child put a small portion of the selected food item into the Ziplock bag. Add a spoonful of water into the bag and ensure that it is sealed closed. Tell your child to hold the bag in their hands and begin to crush the food into small pieces. Explain to your child that this is what our stomach is doing to break down and digest our food!



## ADDITIONAL RESOURCES



### OTHER “ME” BOOKS BY JOAN SWEENEY

- [Me and the Measure of Things \(2019\)](#)
- [Me and My Place in Space \(2018\)](#)
- [Me on the Map \(2018\)](#) \*also available in Spanish