

# The Busy Body Book

## RIF EXTENSION ACTIVITIES FOR EDUCATORS

STEAM-THEMED: SCIENCE, TECHNOLOGY, ENGINEERING, ART, MATH

### SCIENCE, MATH HEART RATE HOP

Show students how to take a resting heart rate by finding the pulse points on either their wrist or neck. Have them record their heart rate for 30 seconds and double it to find beats per minute. Tell students to hop for 1 minute. Have them count the number of hops they are able to complete. Retake resting heart rates and record data. In small groups, have students analyze their data—resting heart rates, number of hops completed, and heart rates after hopping. What do they notice? Were the heart rate changes linked to the actual number of hops a person did? How can they show their findings to the rest of the class in a graph, table, or chart? (Use your discretion and avoid this activity or make it individual work if you believe it might embarrass one of your students.)



### TECHNOLOGY, SCIENCE, WRITING MAKE A MOVE

Visit [www.letsmove.gov](http://www.letsmove.gov) for great ideas on how to keep kids moving toward a more healthful lifestyle. For older students, have them use the site to gather information and create their own action plan for your classroom or school to become a place on the move!

### ENGINEERING, SCIENCE A JOINT EFFORT

Joints are the body's engineering wonder; they move in amazing ways! Starting with the toes, have students move each joint. Discuss the directions each joint allows a body part to move. What joints do students feel are the most important in the body? Why?

### ART, SCIENCE BITS AND BONES

Materials: different types of pasta, cardstock, glue, pencil

Have students outline a body part (hand, foot, face, etc.) on the cardstock with pencil. Use the pasta to create a skeleton of that particular body part and glue it to the stock. Have students discuss how the pasta compares to real bones. How are the two similar? Which substance is stronger—the pasta or a human bone?

### MATH, SCIENCE BURN IT UP!

Materials: chocolate kisses, calculator, pedometer (optional)

Give students a hands-on approach to calculating and burning calories. Explain that the body converts food into fuel for our bodies to use as energy, much like gas in a car. In order to burn 1 calorie, the average person will walk 20 steps. Using this formula, if the chocolate kiss contains 22 calories, how many steps will students need to walk in order to burn off the calories for one kiss? Increase the number of kisses and recalculate. Let students eat a chocolate kiss and then walk the actual calculated steps. Be sure to emphasize that the point of this activity is to help students understand how our bodies convert food into energy, not to teach them how to count calories.

