

Awe and Wonder

Making Our Body: Skin, Bones and Muscle

You will need:

Water

Scissors

Corn flour

A long balloon

Thin wood, dowelling or old pencils.

Strong glue

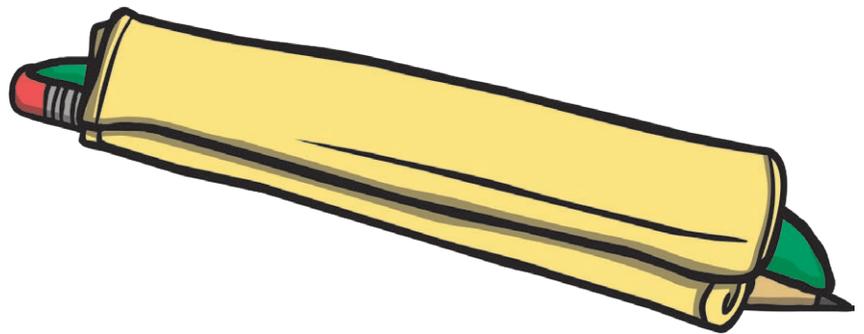
Jug

Sticking tape

Spoon

Funnel

Spongy dish cloth



Method:

1. Look at the pencils/dowelling, explain that these are like bones, they don't bend very easily. Snap one, and explain this is what happens when someone breaks a bone.
2. Make up a thick gloop mixture using corn flour and water in a jug and pour it into the balloons. Explain that this is like the muscles in our body that do move and stretch.
3. Stick each end of the balloon to the pencil/dowelling using sticking tape, explain muscles and bones work together.

4. Show the child the sponge, look at it along its edges and point out the layers. Explain that our skin has lots of layers that protect our body, wrap the dish cloth around the pencil/dowelling and balloon and glue it together, leave to dry.
5. Once it is dry, squeeze and feel the body part.
6. What does it feel like? Feel your arm, do they feel similar or different?

The Science Bit

Our body is made up of layers which do different jobs.

Our bones are like scaffolding; they give us structure and shape, and they hold us up, otherwise we would be a blob!

Our muscles help us to move; they join to the bones to move them. Muscles often work together, pushing or pulling, to make our arms and legs bend.

Our skin is the biggest organ (part) of our body; it stops our delicate parts of the body inside getting damaged; it can let things into and out of our body by very small holes called pores; it is spongy to protect our body from bumps.