

Activity 3 – Downloadable Colouring / Play dough/ Build your Own Body Sheets/ Body Paint



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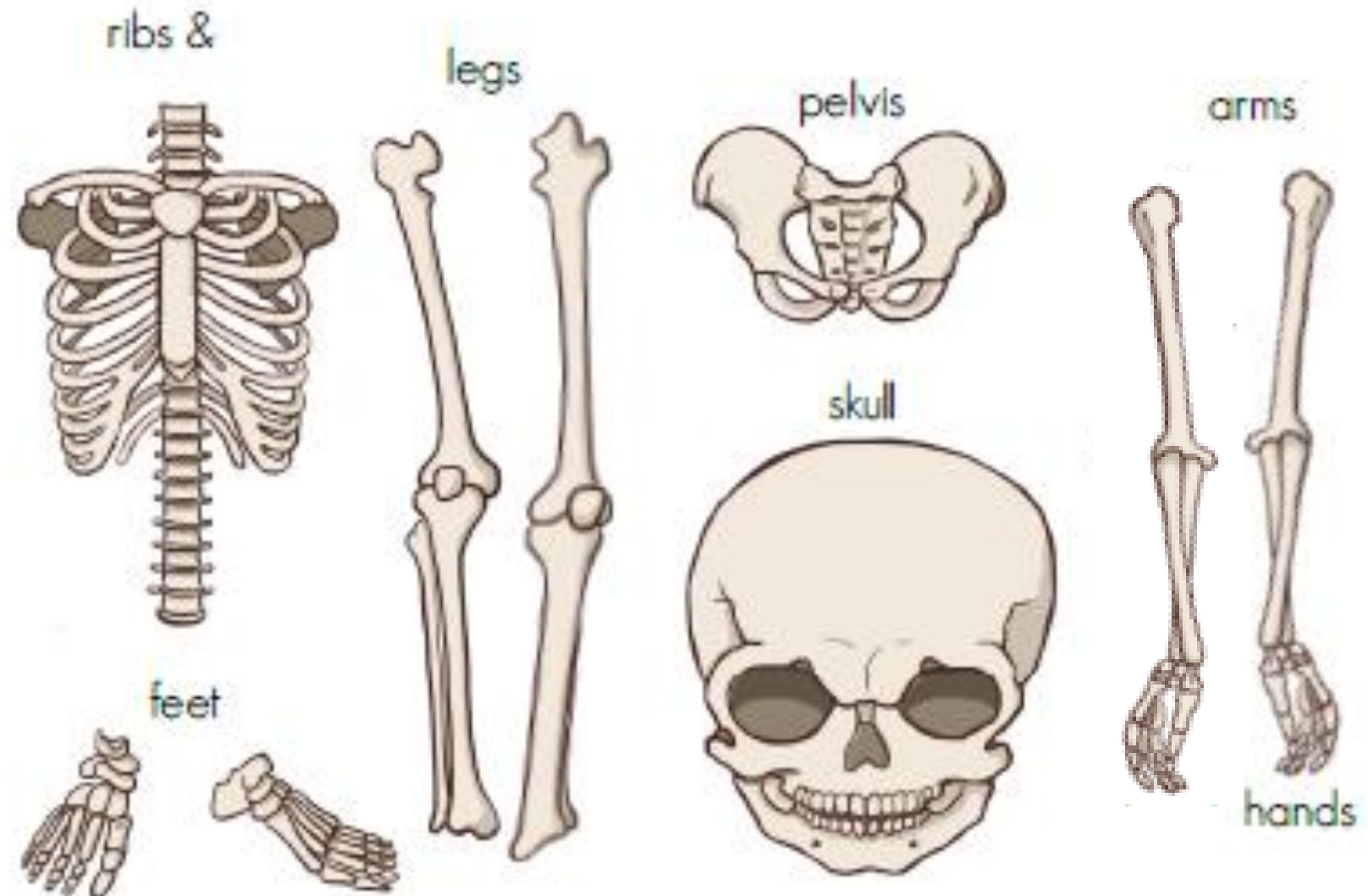
Use the following sheets to

- Cut out and build your own skeleton
- Colour in different body systems
- Use as a template to build a heart from play dough
- Try painting some muscles or bones on yourself, to show what is found beneath your skin

Activity 3 – Build A Skeleton

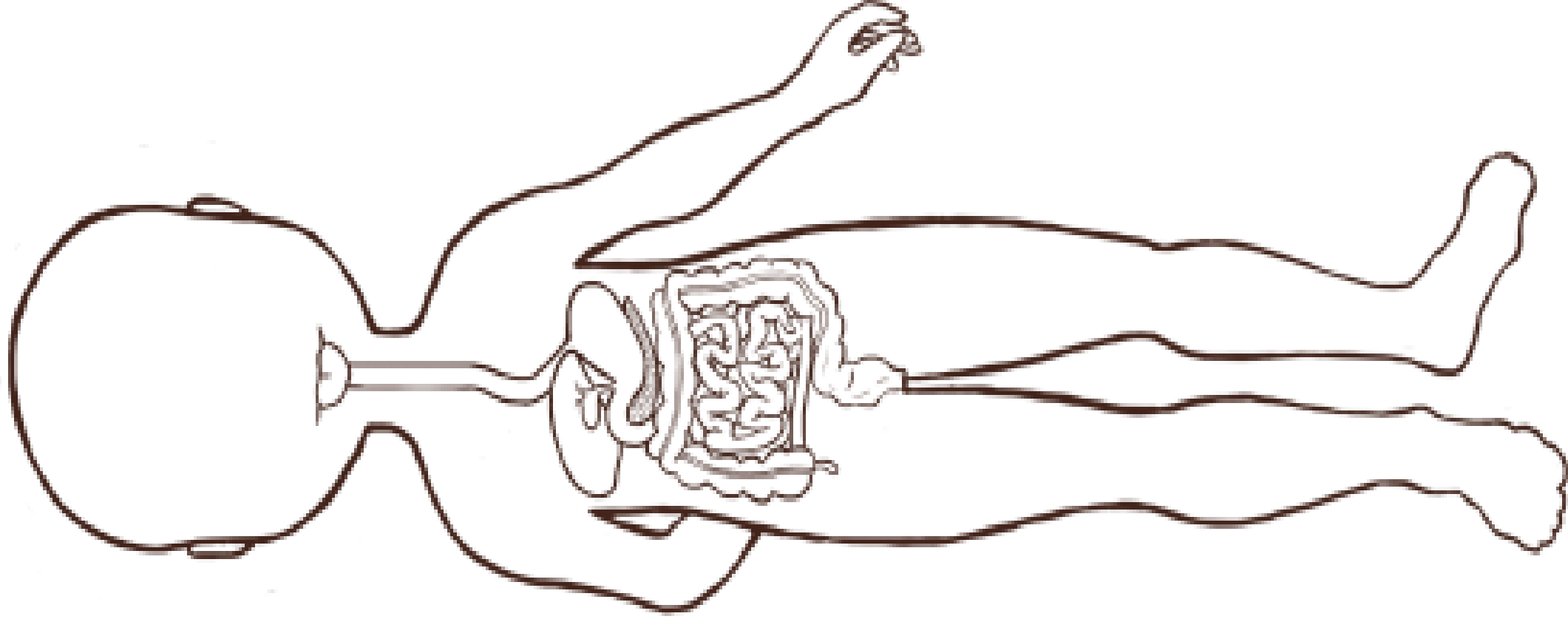


Cut out each part
(you can leave a
border around the
individual bones for
ease!) and see if
you can build your
own skeleton



Activity 3 – Colouring

Colour in the **digestive system** – this is the part of the body that collects and breaks down all the food you eat. It breaks the food up into smaller and smaller pieces until it can be absorbed and used by the body as fuel

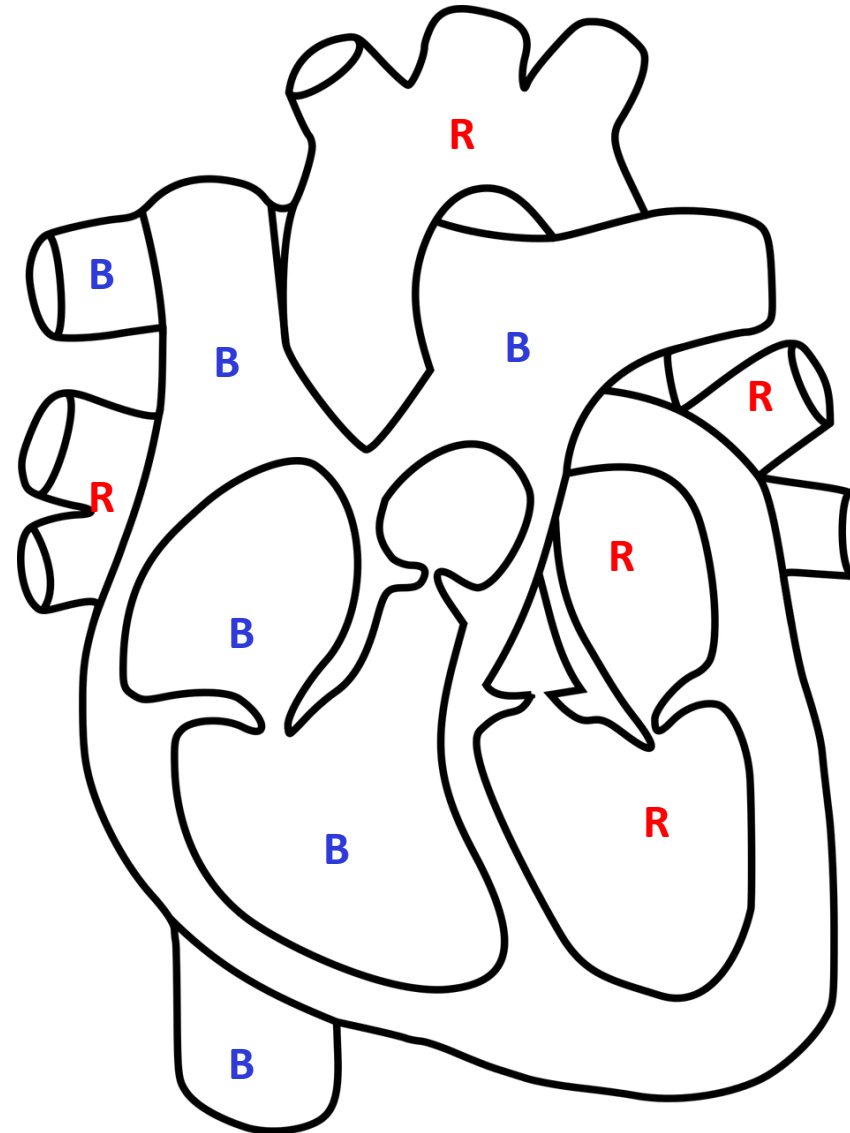


Activity 3 – Play dough model



If you have any kind of play dough in the house, why not build this model of the heart. The **R** shows parts that carry oxygenated blood (blood with high levels of oxygen) and can be coloured **RED**, the **B** shows parts that carry deoxygenated blood (blood with lower levels of oxygen) and can be coloured **BLUE**.

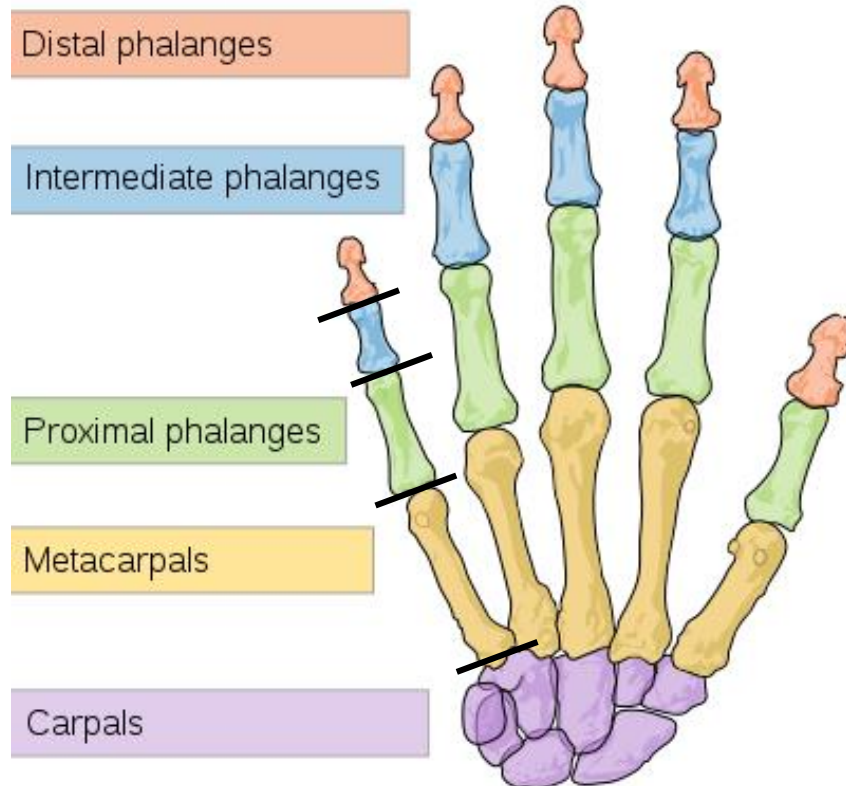
Or why have a go at colouring it in



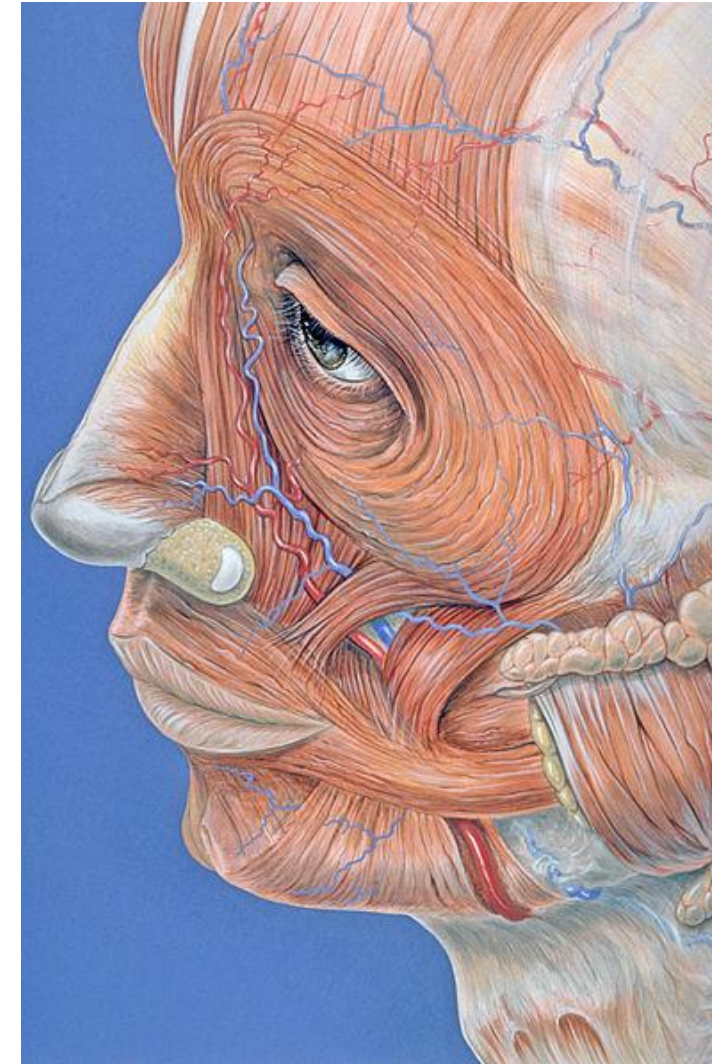
Activity 3 – Body Paint



If you have any face paint left over from Halloween, why not give these a try? Paint your hand – the black lines show the levels of your wrist, hand and then knuckles, or ask an adult to try painting the muscles on your face.



By Mariana Ruiz Villarreal (LadyofHats); retouches by Nyks - Own work. Image renamed from Image:Human hand bones simple-edit1-2.svg, Public Domain, <https://commons.wikimedia.org/w/index.php?curid=3949051>



Patrick J. Lynch; illustrator; https://commons.wikimedia.org/wiki/File:Facial_muscles.jpg