

Me and My Amazing Body

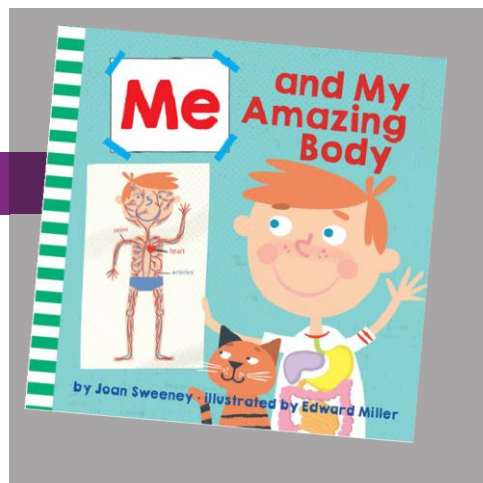
A RIF GUIDE FOR FAMILIES

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

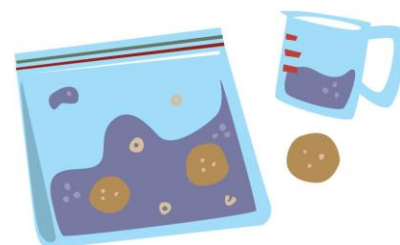
Language Awareness means "talking like a book." Read aloud every day so your child can learn that print sounds different than oral language. After you have read aloud the story several times with your child, flip through several pages and allow your child to "read" the story to you. Although they may 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