

Play Does a Body Good!

Youth will learn about the systems of the body and how play positively effects each one.

Age Appropriateness:

5-8, 9 - 12

Key Topics:

Health and Wellness

Biology

Skills:

Research

Critical Thinking

Documentation

Creativity

Materials:

Paper, popsicle sticks, string, markers, scissors, computer with internet (for research), biology/science books, imagination

Time Considerations:

Action: 2-3 hours

Resources:

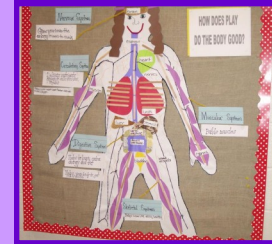
Student science and/or biology textbooks

<http://www.sciencekids.co.nz/sciencefacts/humanbody.html>

<http://kidshealth.org/kid/htbw/>

OBJECTIVES

- Learn about the systems of the body
- Identify how play strengthens the individual systems and the entire body



Preparation

- Preparation will depend on the children's knowledge and familiarity with the systems of the body. If the children have not learned about the systems of the body yet, this activity will require several mini lessons to learn how the body works.
- If the children already know about the systems of the body, this activity should start with a brainstorming session on the physical benefits of play. If desired, the facilitator could also extend this activity to include emotional and social benefits of play.

Action

- Divide the children into teams to research the physical benefits of play. The children can research in books, magazines and on the internet.
- The children will make a physical representation of the systems of the body with information about how play effects each one. The children could work individually or collectively on drawings, a bulletin board or any other medium. Alternatively, children could write essays about the physical benefits of play on the systems of the body
- Display the children's model, drawings and/or essays so they can be a focus for future discussion and activities

Reflection

Ask the children what they have learned with this activity. How does play help make you healthier? What else can you do be healthy? What might happen if you stopped playing? Will different types of play (indoor, outdoor, sports, creative, dramatic, etc) have different results on your body?