BODY SYSTEMS AND HEALTH

Activity Pack -- FREE Resource

Ages 7-11 | No Prior Reading Required
Classroom, Library and Home Use

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Body Systems Detective

Your body is made of systems that all work together, every day. Each system has its own job, and nerves carry fast messages between your brain and the rest of your body so the systems can work as a team. Become a body systems detective and match each system to the job it does.

Activity 1: Match the System to Its Job

Read each system and its job, then write one fact you already know about it.

Body System	Its Job	One Fact I Know
Brain	Controls thinking, moving, and feeling	_____
Heart	Pumps blood around the body	_____
Lungs	Bring in fresh air, let out old air	_____
Digestive System	Breaks down food for the body to use	_____
Bones and Muscles	Give the body its frame and let it move	_____
Skin	Protects the body and senses the world	_____

Activity 2: Nerve Messages

Nerves carry fast messages between your brain and body. Write what happens:

1. You touch something hot. What message do your nerves send?

2. You run fast. What does your heart do to help you keep going?

3. You feel worried. What can slow, deep breathing do for your body?

Think About It

* Why do body systems need to work together as a team?

* Which body system do you find the most amazing? Why?

Healthy Habits Growth Chart

Healthy habits build up over time. Small actions repeated every day create big results for every body system you have -- your heart, lungs, bones, muscles and brain all benefit. This worksheet helps you track your habits and see the compound effect in action.

Activity 1: My Weekly Habits Tracker

Colour a star each day you complete each habit.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Drink 6-8 glasses of water	*	*	*	*	*	*	*
Sleep 9-11 hours	*	*	*	*	*	*	*
30 min physical activity	*	*	*	*	*	*	*
Eat vegetables or fruit	*	*	*	*	*	*	*
Take slow, deep breaths	*	*	*	*	*	*	*
Tell an adult if I feel unwell	*	*	*	*	*	*	*

Activity 2: The Compound Effect

Adding one new habit each month stacks up over a year:

Month	New Habit Added	Total Habits	Expected Benefit
Month 1	Drink more water	1	Better energy and focus
Month 3	Daily exercise	3	Stronger heart and muscles
Month 6	Regular sleep schedule	4+	Better memory and mood
Month 12	Full healthy routine	6+	Long-term wellbeing

Choose ONE habit you will start this week:

Think About It

* How is building healthy habits similar to how bones and muscles grow stronger over time?

* Which habit in the tracker do you think helps the most body systems? Why?

Body Map Design Lab

Scientists and illustrators design maps and diagrams to help people understand how things work. A good body map is clear, labelled, and easy to follow, even for someone seeing it for the first time. Analyse a body map, then design your own.

Activity 1: Analyse a Body Map

A good body map needs these 5 features. Fill in the 'Why It Matters' column.

Map Feature	What It Shows	Why It Matters
Labels	The name of each system	_____
Location	Where each system sits	_____
Job	What each system does	_____
Connections	How systems link together	_____
Colour Code	A colour for each system	_____

Activity 2: Design Your Own Body Map

Pick a body system and design an explorer map to teach someone else about it.

Choose one:
[] Brain and Nerves [] Heart and Blood [] Lungs and Breathing [] My Own Idea: _____

My map is called: _____

DRAW YOUR MAP HERE:

Label 3 features:
1. _____ 2. _____ 3. _____

Think About It

* What makes a body map easy to understand?

* If you could add one more label to your map, what would it say? Why?

My Feelings About My Body

Note to students and adults:
This worksheet focuses on gratitude for what our bodies can do, not on how bodies look. All feelings are valid -- there are no wrong answers. If any question brings up big feelings, please talk with a trusted adult. You may skip any question.

Every body is different, and every body works hard for us every day. This worksheet helps you explore how your body helps you and how that makes you feel.

Activity 1: Thank You, Body!

Circle or underline words that describe how you feel about what each system does:

My brain helping me think and learn:
Amazed Proud Curious Grateful Other: _____

My heart beating and my lungs breathing:
Calm Amazed Grateful Curious Other: _____

My legs and arms letting me move and play:
Happy Proud Grateful Excited Other: _____

Activity 2: A Letter to My Body

Write a short thank-you letter to your body.

Dear Body,

Thank you for helping me:

One thing I want to do to take better care of you is:

From, _____

Think About It

* What is one amazing thing your body did for you today?

* Why is it more helpful to think about what a body can do than how it looks?

Gratitude for My Amazing Body

We are kept healthy by many people around us: parents, carers, teachers, nurses, and doctors. Gratitude means noticing this care -- and giving back means sharing what we learn. When one person shares what they know about the body, it creates a ripple effect of good health for others.

Activity 1: My Health Gratitude Inventory

Write one thing each person does for your health and how it makes you feel.

Person Who Helps Me	What They Do for My Health	How It Makes Me Feel
A parent or carer		
A teacher or nurse		
A doctor		
A friend		
Someone else: _____		

Activity 2: Share What You Know

Think of a fact about the body you could share with someone younger. Plan it below.

One fact about the body I want to share:

I will share it with: _____

How I will share it (tick one):
[] Draw a poster [] Tell a story [] Make a display [] Write a note [] Other: _____

Think About It

* Who are the trusted adults in your life who help keep your body healthy?

* What is one thing about the body you would most like to teach someone in your family?

My Body Explorer Goals

Setting goals is how we turn knowledge into action. Health goals help us make caring for our body a regular part of everyday life. The best goals are specific, realistic, and have a clear start date. Small health goals achieved consistently lead to big long-term wellbeing.

Activity 1: My Body Explorer Goal Tiers

Set healthy body goals at three levels.

Goal Tier	My Goal	How I Will Do It	When I Will Start
SHORT-TERM (this week)			
MID-TERM (this month)			
LONG-TERM (this year)			

Activity 2: Body Explorer Self-Rating

Rate yourself 1-5 on each healthy habit.

Rate 1-5: 1 = still working on it, 5 = I've got this!

Healthy Habit	My Rating (1-5)	My Target
I eat foods that give my body good fuel	/5	
I move my body most days	/5	
I get enough sleep to rest and grow	/5	
I take slow, deep breaths when worried	/5	
I drink enough water	/5	
I tell a trusted adult when I feel unwell	/5	

Think About It

* Write your own personal healthy body motto in 10 words or fewer.

* If you started a Body Explorer Club, what would its two rules be?

Teacher's Companion

No Prior Reading Required
This pack is fully standalone. No book or characters are referenced. Any student can complete these worksheets without prior reading. Suitable for classroom, library, and home learning programmes. This pack is an excerpt of a full book-specific learning pack available with purchase at **learningsmart.au**

Australian Curriculum Alignment

Learning Area	Strand	Year Level	Content Description (summary)
Science	Biological Sciences	Yr 2-6	Living things have body parts and systems that help them survive and function
Science	Science Inquiry Skills	Yr 3-6	Pose questions, gather evidence, communicate findings (WS2 tracker)
Health and PE	Being Healthy, Safe and Active	Yr 2-6	Identify and practise habits that support body systems
Health and PE	Personal, Social and Community Health	Yr 2-6	Identify people who help keep the body healthy
Health and PE	Personal and Social Capability	Yr 2-6	Recognise and appreciate what the body can do; self-awareness and gratitude (WS4)
Design and Technologies	Technologies and Society	Yr 3-6	Design and represent information visually for a purpose (WS3)
English	Language -- Expressing Ideas	Yr 2-6	Vocabulary for body systems, processes, and feelings (WS1, WS4)

16 Key Body Systems and Health Lessons

#	Lesson
1	The body is made of systems that work together as a team.
2	The brain controls thinking, moving, and feeling, and sends its instructions through the nerves.
3	Nerves carry fast messages between the brain and every part of the body.
4	The heart is a muscle that pumps blood around the body, day and night.
5	Blood carries oxygen and nutrients to every part of the body.
6	The lungs bring in fresh air and let out used air with every breath.
7	The digestive system breaks food down so the body can use it for energy and growth.
8	Bones give the body its frame; muscles pull on bones so we can move.
9	Skin is the body's largest organ -- it protects us and helps us sense the world.
10	Moving the body most days helps the heart, lungs, bones, and muscles grow stronger.
11	Sleep is when the body rests and repairs, and the brain sorts what it has learned.
12	Drinking water helps every body system do its job.
13	Slow, deep breaths can help the body feel calm when we are worried.
14	Every body is different, and every body deserves care and respect.
15	Doctors, nurses, and carers are there to help -- it is always okay to ask them questions.
16	Body explorer motto: Know your body, care for your body, and tell an adult when something feels wrong.

Answer Keys and Discussion Guidance

WS1 -- Match the System to Its Job (Answers)
Brain: controls thinking, moving, feeling. Heart: pumps blood. Lungs: gas exchange (oxygen in, carbon dioxide out). Digestive System: breaks down food. Bones and Muscles: frame and movement. Skin: protection and sensation. Accept any accurate fact in the third column.

WS1 -- Nerve Messages (Model Answers)
1. Nerves send a fast danger message and the hand pulls away, often before you even think about it (a reflex). 2. The heart beats faster to pump more blood and oxygen to the working muscles. 3. Slow breathing helps the heart slow down and the body feel calmer.

WS2 -- Compound Effect (Key Insight)
Adding one habit a month builds to six or more daily healthy habits within a year. Key insight: consistency over time produces results impossible to achieve in a single effort.

WS3 -- Body Map Analysis (Sample 'Why It Matters')
Labels: readers know what they are looking at. Location: shows where each system sits in the body. Job: explains what each part does. Connections: shows how systems rely on each other. Colour Code: makes the map quick to read and remember.

WS4 -- Sensitivity Note for Educators
These worksheets are designed to build body appreciation, not invite comparison. Avoid any discussion of body size or appearance. Do NOT require students to share responses aloud. Offer private written submission or drawing as an alternative. If a student discloses a concern about their body or wellbeing, follow your school's wellbeing and child safety protocol.

WS6 -- Body Explorer Rating
There are no correct scores. Any rating below 3 is an opportunity for a wellbeing conversation, not correction.

Upsell Note for Educators
This generic pack is based on the Learning Smart book series. The full book-specific learning pack -- which references the characters, story moments, and adventure narrative -- is available with book purchase or subscription at **learningsmart.au**. Book-specific packs significantly increase student engagement and reading motivation.

Differentiation Strategies

Level	Strategy	Example Application
Below Level (support)	Reduce written output; use sentence starters; allow verbal responses; pair with peer.	WS1: provide pre-filled body part descriptions. WS4: use feeling faces instead of open writing.
On Level (standard)	Complete all activities as written. Use discussion partner for Think About It sections.	Standard completion with class debrief of Think About It questions.
Extension (enrichment)	Research a body system in depth; compare it with another animal's system; present to a younger class.	WS3: design a digital body-explainer app concept. WS2: design a family healthy-habits tracker.

7 Discussion Questions

1. How does understanding what a body system does help students take better care of it?

2. Why is it useful for students to know the names of their own body systems and organs?

3. Some students compare their bodies to others. What classroom culture changes help students value what their bodies can do rather than how they look?

4. Why might the same healthy habit (sleep, food, exercise) matter differently for different students? Introduce individual body differences at a developmentally appropriate level.

5. When students teach body science to younger students, they understand it more deeply themselves. How might you use peer teaching for this topic?

6. The habit tracker (WS2) is based on the compound effect. Can students think of other examples where small consistent efforts produce big results?

7. What responsibilities do doctors, nurses, and carers have toward children's health? How can we help students feel comfortable asking them questions?

Classroom Display Ideas

Body Systems Wall Map: Large class body map with one poster per system -- students add facts to each section.

Body Explorer Badges: Students earn a badge after completing all six worksheets -- display as a class wall of honour.

Habit Stack Chart: Class poster adding one healthy habit each month -- shows the compound effect over a term.

Anonymous Question Box: Students post body and health questions anonymously for the teacher to address during health time.

Thank You Body Bunting: Students complete 'Thank you, body, for...' -- display as classroom bunting.

Healthy Habits Pledge: Class creates and signs a shared two-rule healthy habits pledge.

Want the Full Adventure?

This free activity pack is inspired by the **Learning Smart book series** -- educational adventures featuring Belinda, James, and their guide Professor Bee.

The Full Book-Specific Learning Pack Includes:

* Worksheets tied directly to the book's characters and story moments
* Story-based Think About It questions that deepen reading comprehension
* A Teacher's Companion with book-specific discussion questions
* Access to the full Learning Smart resource library

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