

My Amazing Human Body

Publisher
DK Multimedia

System Requirements

Macintosh

Macintosh or Power PC computer
33Mhz 68LC040 or faster
System 7.1 or greater
8 MB RAM (12 MB RAM for System
7.5.3 or greater and Power PC)
6 MB of hard disk space
Double speed CD-ROM drive
13" color monitor or larger; 256 colors

Other PC

33 MHz 386 PC system or faster
4 MB of RAM
Windows 3.1 or higher
SVGA card (640 x480, 256 colors)
Sound card
Double-speed CD-ROM drive

Optional Computer Equipment

- Printer
- Microphone

Software Description

My Amazing Human Body, published by DK Multimedia, provides children with the opportunity to investigate why Mom says “Eat your beans!,” “It’s time for a nap!,” and “You need to move around.” *My Amazing Human Body*’s host, Seemore Skinless, is a playful and captivating fully animated 3D figure who guides children in their exploration of the human body. Seemore teaches children about human anatomy, health, and nutrition as they take a journey of discovery into the workings of their bodies.

As children engage in the activities, they will enjoy discovering what’s going on in their own body systems, skeleton, and organs. Seemore Skinless guides children through the four sections of this entertaining and educational program: (1) “Me and My Day,” (2) “What Am I Made Of?,” (3) “Build Me a Body,” and (4) “Take Me Apart.” If the children can’t make up their minds, Seemore will amuse them with his boundless energy and encourage them to try an activity; he never stops talking and moving.

“Me and My Day” is a fun section where children assist Seemore in getting through his daily routines. Children determine what Seemore will be doing during his day by choosing activities like disco dancing, swimming, baking a cake, eating a sandwich, reading, napping, or drinking water. The goal is to get him through the day successfully, making sure he eats well, rests, and exercises. Children learn how the body responds to different conditions. The challenge is to keep Seemore functioning through his day by responding to his body’s needs of hunger, thirst, and fatigue. A control panel monitors Seemore’s hunger, thirst, fatigue, heart rate, and breathing and keeps track of the time of day (i.e., morning, noon, and night). If the water in the thirst gauge is emptied, an alarm

goes off and it's time for a drink. If Seemore's food level goes down or he gets too tired, it will affect his breathing and heart rate . . . and then he's one crazy skeleton in a calamity.

In the "What Am I Made Of?" section, Seemore Skinless introduces children to organs and body parts. Children get an up close and personal look at Seemore's anatomy and are able not only to examine but also to manipulate his organs and body parts. Children can click on a 3D moveable body part and then turn it around, measure it, and take an x-ray of it. A fully narrated information screen is accessible which contains detailed descriptions along with fascinating facts. Of course, Seemore is the lively narrator who presents the information in a fun atmosphere.

Children who want to help build Seemore's body can select "Build Me a Body." Seemore Skinless will throw out nineteen brainteasers. Every time a correct answer is given, bones and organs are collected to complete Mr. Skinless's anatomy. Although this activity is difficult for young children (multiple-choice answers have to be read), older kids will find it a super challenging and entertaining game. The activity has a "Show Me" icon that, when clicked, will give information and often demonstrate the concept. The collected parts are saved to the child's file so he or she does not have to start all over each time the activity is played. Also, children can find the correct answers by continuing to select different choices. The brainteaser remains on the screen until a right answer is selected. Once Seemore is put together, children can have fun dressing him up in hats, skirts, tops, pants, shoes, boots, spacesuit, and so on. Then children can print out his picture.

Children can disassemble Seemore in the "Take Me Apart" activity section and then reassemble him from the pieces. This activity provides an opportunity to learn basic anatomy. Wacky pictures can be created from Seemore's various organs and body parts. The pictures can be printed, saved, and viewed in a slide show complete with upbeat music.

Along with the four sections, the software has a side menu offering additional features. The items include "Change User," "Search," "Back," "Print and Copy," "About this CD," "Quit," and "Secret File." In the "Secret File," children have the opportunity to keep a journal about themselves, their family, and their friends. Favorite food to birth date to eye color can be recorded in the "Secret File." Some information is typed in while other items are pictorial and children create the pictures. Children can share about special experiences such as "When I Was a Baby" and "When I Was Sick." The journal has a "Notes" section in which children can add other information. Children will find endless possibilities for learning and expressing about themselves in their "Secret File."

Throughout their journey through *My Amazing Human Body*, children are exposed to body parts and organs in a situation which is not frightening or gross. The activities on this CD are full of humor, sound, and animation that children will find extremely entertaining. Seemore Skinless provides an enjoyable first lesson in anatomy for the young child. So . . . head for the computer and take a grand anatomical adventure with

Seemore Skinless and *My Amazing Human Body*. Plan to stay awhile; so don't forget to eat, drink, and rest first.

My Amazing Human Body

Introduction

Young children are interested in themselves and their immediate environment. One of the first games in the nursery is peek-a-boo and perhaps the next game is “Where is your . . . ?,” as the child seeks out their belly button or their knees. As young children enter preschool and the primary grades, curiosity about the body remains, and they remark on the similarities and differences of those around them. A five-year-old might say, “She is old” or “He has red hair.” As children enter this stage of learning about themselves and others, they are also learning more about what kinds of foods go into their bodies. As babies, they ate what their caregiver fed them; however, now that they are growing, they begin to share likes and dislikes about different kinds of foods. At an early age, it is important that they begin to learn about how nutrition and exercise affect their bodies. *My Amazing Human Body* offers children the opportunity to explore the human body in a nonthreatening environment. Seemore Skinless, the narrator, guides children through activities as they learn about body parts, nutrition, and the effects of exercise and everyday activities on the body.

Materials

- Computer
- *My Amazing Human Body*
- Printer
- Grooming supplies
- Food supplies

Introductory Activity

- Display grooming supplies such as a toothbrush, toothpaste, hairbrush, comb, fingernail clippers, nail file, and body lotion during a circle time or group activity. Children can discuss the items and their uses. Record the responses on large paper to hang on the wall.
- Place different kinds of foods from each of the food groups in front of the children. Discuss the foods and whether they are healthy or unhealthy. What do they do for the body? Record responses.
- Ask the children to run in place for 15 seconds as a group. Stop and record how the children are feeling. Are they tired? Thirsty? Stop and lay down for 15 seconds. Record how they feel. Are they ready to run again? Stand and sway from side to side. Record how they feel. Are they as tired as when they were running? Are they ready for a rest? Would they like to go for a walk? Continue this with different kinds of fast and slow activities, asking children to record their responses. Stop for drinks and light snacks to refuel the body.

Computer Activity

- After completing the above group activities, gather the children at the computer in small groups and interact with the “Me and My Day” activity in *My Amazing Human Body*. Make group choices and discuss them as Seemore Skinless responds to his daily activities from disco dancing to napping.
- Provide *My Amazing Human Body* software as a choice during free time. Children can view the program individually or in small groups.

Extended Activity

Produce a *HyperStudio* book entitled “All About Me” (see Chapter 6: *HyperStudio* “All About Me” activity). Items such as name, age, birthday, hair color, height, weight, shoe size, hand span, and fingerprints from the “All About Me” pages in the “Secret File” section of *My Amazing Human Body* could be included in the stack. Also, children could draw self-portraits or use photographs of themselves and add them to their stack.

Summary

With *My Amazing Human Body*, children can explore the human body in a fun and entertaining environment. Children will learn about body parts, nutrition, exercise, daily routines, and the effects of these on their bodies. As children grow, they are learning more and more about caring for their bodies. Seemore Skinless provides a world of fun activities to assist with this learning

My Amazing Human Body

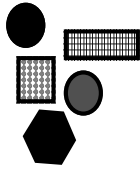
CURRICULUM INTEGRATION IDEAS

Art



- Finger paint with various body parts (e.g., the tips of fingers, palms of hands, feet, or toes).
- Paint with the whole body using shaving cream. Use an old shower curtain. Let children wear swimsuits and paint with various body parts.
- Draw self-portraits using a variety of materials such as crayons, watercolors, colored glue, paper, and an easel. Have these supplies accessible to children in the art center.
- Create self-portraits from collage materials. Provide children with a variety of materials, such as fabric scraps, fur scraps, yarn, cotton balls, glitter, paper towel tubes, colored sand, assorted beans or pasta, and torn paper pieces, along with scissors, glue, and paper.
- Place black mural paper on the floor and provide light-colored chalk. Trace outlines of the children’s bodies. Children can draw in the details such as bones and organs (or decorate creatively).
- Provide crayons, markers, or paints for children to use to illustrate the recipe book authored in “Literacy Links” and “Family Connections.”

Blocks/Manipulatives



- Place cardboard cutouts of human bones for children to use to build bodies.
- Make “stickie” bones for children to manipulate on plexiglass. Use static cling vinyl sheets (cut in small pieces) and glue on pictures of the different bones in the body.
- Provide plastic foods from the different food groups for children to sort by color or groups such as healthy, or unhealthy.
- Make a lotto game featuring various body parts.

Construction



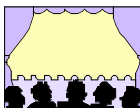
- Construct a community of places that take care of our “amazing human bodies.” Small groups of children can create the structures using large appliance boxes.
- Create skeletons using black construction paper, straws, and white chalk.

Cooking/Snacks



- Create a list of healthy foods with the children. Choose foods from the list to have for snack time during the unit.
- Make pizza and serve it for snack time. Discuss the different food groups found in pizza.
- Eat Seemore Skinless’ sandwiches for snack time. Provide a variety of luncheon meats, sliced cheese, lettuce, tomato, and several kinds of bread for building sandwiches.
- Bake a cake—it’s one of Seemore Skinless’s favorite activities. Children could make a carrot, fresh apple, or zucchini cake for a healthy twist.

Dramatic Play



- Set up a community using services and places that cater to our body’s needs (e.g., doctor’s office, hospital, beauty salon, or grocery store). Ask children to generate a list of these places. Children can discuss which services and places they would like to include in their community.
- Add props for each of the various places in the community such as dress-up uniforms/clothing, Band-Aids, and doctor’s kits for the doctor’s office or hospital.
- Set up Seemore Skinless’s house in the housekeeping area. Provide a chair and books for reading, a place for napping (rug), a kitchen for cooking, a table and chairs for dining, and other activities that Seemore did at home during his day. Provide dress-up clothes and props.

Group/Individual Story Experiences



- Write and draw in journals using a software program such as *Amazing Writing Machine* or *Kid Pix Studio*. The journals may include information about food eaten, activities, or changes in the body each day (e.g., cuts, bruises, and haircuts).
- Utilize the “All About Me” section of *My Amazing Human Body* for gathering information about individual children and for creating stories.

- Discuss foods eaten during lunch or snack time. Chart the foods by the major food groups.

Music and Movement



- Listen, sing, and move to music by Jim Gill: “Hands Are for Clapping,” “I Took a Bath in a Washing Machine,” and “Spaghetti Legs.”
- Enjoy selections from Greg and Steve (e.g., “Put Your Finger in the Air”).
- Interact with selections from Walter the Waltzing Worm: “Slide Whistle Suite,” “Song About Slow,” “Song About Fast,” and “Swing, Shake, Twist, and Stretch.”
- Sing and move to “The Body Rock.”

Outdoor Play/Motor



- Exercise different body parts each day. Make a book showing appropriate exercises. Children can pick the exercises to do and how many repetitions. The following site offers illustrations of a variety of exercises for children: <www.fitnesslink.com/changes/kidsfit.htm>.
- Make an obstacle course for running and/or walking on the playground.
- Play disco music and let the children dance and move to the music.
- Walk the dog; have a stuffed dog with a leash and collar for the children to walk. If you cannot find one or make one, use a leash and collar with an invisible dog like Seemore Skinless had.
- Set up the community from the dramatic play area outside. Provide wheeled toys for children to use to drive around the community and visit different places. Walking is also a good way to travel around the community.

Science/Math



- Set up a growth chart in the math center. Children can measure each other and record heights.
- Add scales to the center for children to weigh themselves and others.
- Count heartbeats throughout the day. Pay attention to when the heart rate is fast and slow for different activities (e.g., during a nap, snack, or outdoor play).
- Graph hair color, eye color, and favorite food groups.
- Sort plastic foods by attributes.

Sensory



- Use the five senses throughout the day. Smell and taste foods, look at friends, listen to heart rates, and touch items around the classroom.
- Try different foods and discuss how they taste (e.g., sweet, sour, salty, or spicy).
- Fill the sensory table with sand. Hide various plastic skeleton bones and organs for children to find and explore. Label each piece with masking tape and a permanent marker. Display a picture or model of a skeleton by the table for children to use as a guide if they are interested in putting the bones and organs together. Place various items for digging in the sensory table.

Literacy Links



- Label the different buildings created and used in the dramatic play area.
- Make name cards for children to use during dramatic play (e.g., Susie the doctor, Charles the barber, Nicky the dentist).
- Provide paper and crayons or markers in the dramatic play area for writing grocery lists, doctor bills, receipts for shampoo, and so on.
- Author a recipe book of favorite healthy foods.

Related Books, Poems & Stories



- *Albert's Toothache* (K. Chora)
- *A Book About Your Skeleton* (R. Gross)
- *Germs Make Me Sick* (M. Berger)
- *Good Enough to Eat* (L. Rockwell)
- *My Five Senses* (Alik)
- *Oliver's Fruit Salad* (V. French)
- *Ouch! A Book About Cuts, Scratching and Scrapes: Why I Cough, Shiver, Hiccup and Yawn* (M. Berger)
- *Someone Special, Just Like You* (T. Brown)
- *Straight Hair, Curly Hair* (A. Goldin)

Related Software



- *Amazing Writing Machine*
- *Busytown* (Dr. Diane)
- *Easy Book Deluxe*
- *I'm Ready for Kindergarten*
- *The Magic School Bus Explores the Human Body*

Related Websites



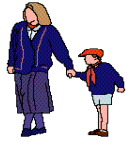
- **5 A Day for Better Health Program:**
www.dole5aday.com
- **American Dietetic Association:**
www.eatright.org/nuresources.html
- **Bloopy's Buddies On-Line:**
www.bloopy.com
- **FitnessLink – Fitness for Kids:**
www.fitnesslink.com/changes/kids.htm
- **Kid's Food Cyber Club!:**
www.kidsfood.org

Extensions Beyond the Classroom



- Ask a dietitian to visit and talk about health and describe his or her job.
- Visit a grocery store.
- Ask the school cafeteria worker to come to the classroom, then take a tour of the school kitchen.
- Visit a farm, dairy, or produce stand.

Family Connections



- Invite families in for a parent night or send home an activity asking families to list the different traits inherited from mom and dad.
- Invite parents who work in a related field (e.g., health services, grocery, food, and hair/body care) to the class as guest speakers.
- Send home a body bag. Include a one size fits all black sweat suit with Velcro white bones that can be attached to the sweat suit. Include in the bag related books, a skeleton puzzle, and a diary for recording interesting details.
 - Ask families to share healthy recipes for the recipe book.