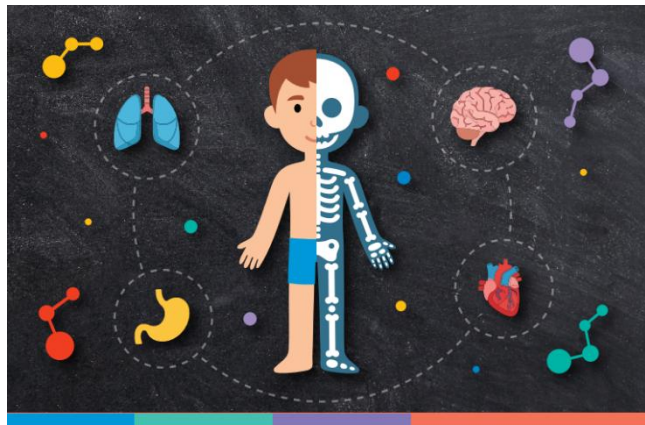


**Dear Families,**

**Get ready for fascinating look inside!**

Your learner is exploring the wonders of the human body! Learners will take a closer look at their fantastic and elastic brain, listen to the beat of their own hearts, and marvel at their strong skeletons. The human body is complex and every body functions a little bit differently. There are many parts that work together to protect us from sickness and work to keep us healthy. Learners will be health scientists and learn more about how these systems interact inside their own bodies.



**To engage with your learners and learn about their day, you can ask them the following questions after each *Science of You* activity:**

- *What parts of your body did you learn about today?*
- *Did you learn about any health science careers?*
  - *What do those scientists study?*
  - *What kinds of tools might they use to study the human body?*
- *Did you work with anyone else today?*
- *What did you and your fellow scientists discover?*
- *How were you like a scientist today?*
- *What did you and your fellow scientists discover?*
  - *Did you make observations?*
- *Did you ask questions and make predictions?*
- *Did you test an idea?*
- *Did you learn something new?*

**Science of You @ Home Activities**

Attached are activities related to *Science of You* that are easy to do at home! Try out any of these activities with your learners to engage them in further scientific thinking!

## Listening Map

**Materials:** pencil, paper

**1. Talk to your learner about their senses.**

- *What are the 5 senses?*
- *Which parts of our body are responsible for sending information about what we hear to our brain?*

**2. Find a place with lots of noise. Encourage your learner to sit in a safe place, close their eyes, and just listen for a few minutes. They should try not to open their eyes, touch anything or move around.**

**3. Have your learner open their eyes to make a sound map of what they observed just using their sense of hearing.**

**4. Place an X on the paper. This represents where they were sitting. Then, your learner should draw pictures or write words to represent the location of the sounds they heard while their eyes were closed.**

- *What different sounds did you hear?*
- *Where do you think these sounds came from? People? Animals? Things?*
- *Did you only hear things up close, or did you start to hear sounds that were really far away?*

## **Balance Sensor**

**Materials:** *Clear and empty water bottle with a lid, food coloring, water, sequins/small beads/glitter*

1. **Talk to your learner about balance. Ask them to stand on one leg and pay attention to what is happening in their body when they balance.**
  - *When you tried to balance on one leg, what happened to your body?*
  - *Did you do anything specific to help yourself stay standing?*
  - *Can you think of animals that are really good at climbing and balancing? Do they have any features that might help them to balance?*
2. **Ask your learner to think about a time when they felt dizzy.**
  - *What were you doing when you felt dizzy?*
  - *Where in your body did you feel dizzy?*
3. **Explain to your learner that our ears contain three fluid-filled tubes lined with tiny hairs that act like a balance sensor. When our head moves, the fluid inside moves, bending the tiny hairs which sends signals to your brain.**
4. **Make a model balance sensor:**
  - **Fill the bottle half to two-thirds full of water.**
  - **Add a drop or two of food coloring and the glitter or beads**
  - **Close up the bottle.**
5. **Have your learner tilt one end of the bottle up.**
  - *What happened to the water inside the bottle?*
6. **Pay attention to the bottle as you jump, walk forwards and backwards, and spin in a circle.**
  - *What happened to the water inside the bottle?*
7. **Does the liquid stop at the exact same time your body stops?**
  - *What does this tell you about what might happen in your inner ear when you move or spin quickly? (Sometimes, when the fluid in the inner ear keeps moving after the body has stopped, it can make us feel dizzy!)*