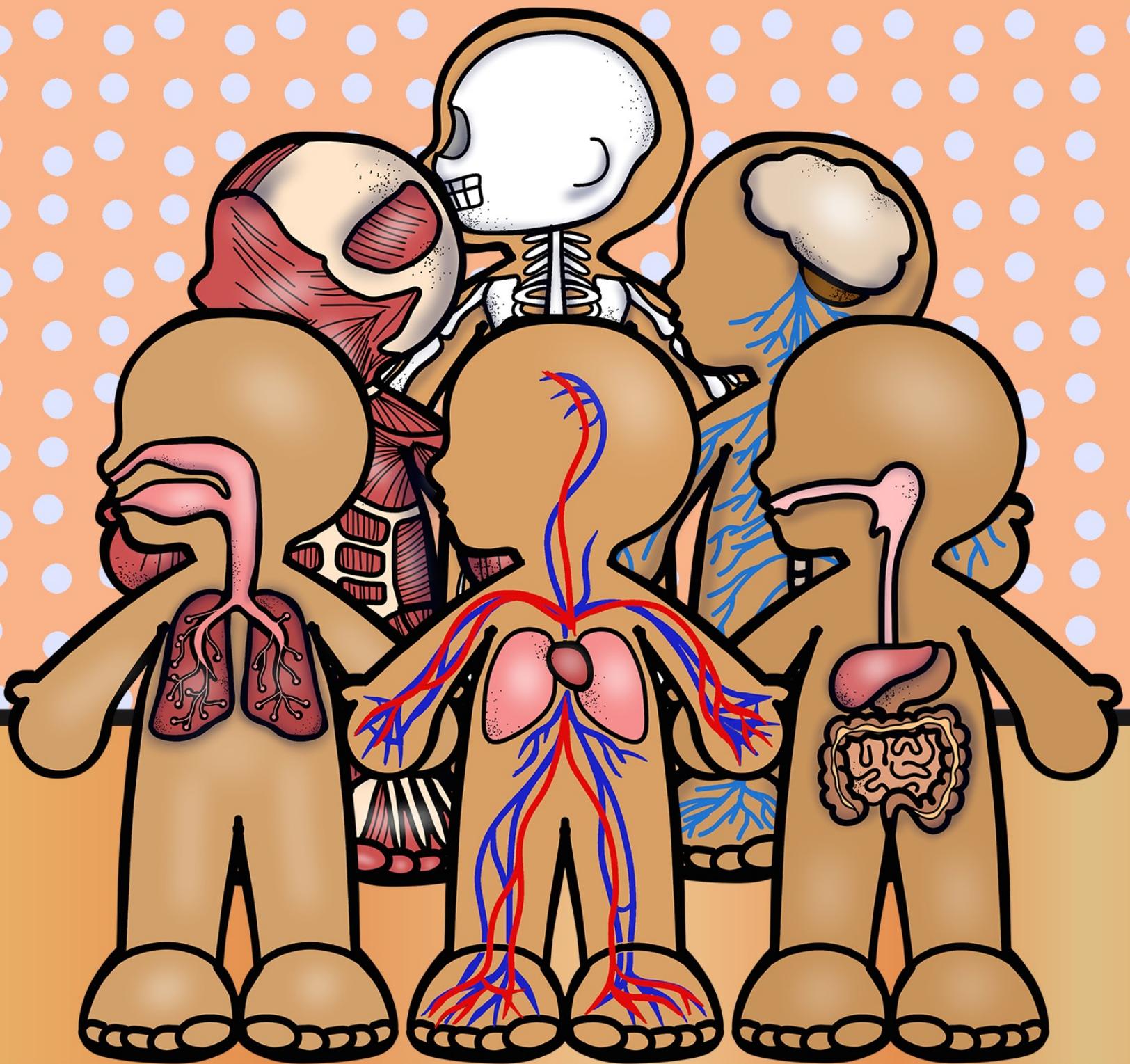


A Closer Look at Body Systems Activity Book



By Bonnie Rose Hudson

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A Closer Look at Body Systems

Scrambled Circulatory System

See if you can unscramble the words that tell us about different parts of the systems in the body. There is a clue for each part of the body system to unscramble. If you need more help, all the words you need are listed in the word bank at the end of the activity.

1. This part of the circulatory system works like a pump to keep your blood moving.

a t h e r

2. This part of the circulatory system is a blood cell that acts like a plug to keep your body from losing too much blood when you get hurt.

t a l l p t e e

3. This part of the circulatory system has the special job of connecting your arteries and veins together.

y a r c a p l i l

4. This part of the circulatory system is a blood cell that goes to work to fight off viruses or bacteria that invade your body.

t h i w e

_____ blood cell

A Closer Look at Body Systems

Scrambled Circulatory System (continued)

5. This part of the circulatory system has the job of carrying blood full of oxygen from the heart.

t r a r e y

6. This part of the circulatory system is a very small blood cell that carries oxygen to all the parts of your body.

d e r

_____ blood cell

7. This part of the circulatory system has the job of carrying blood back to the heart after it has delivered most of its oxygen to the cells.

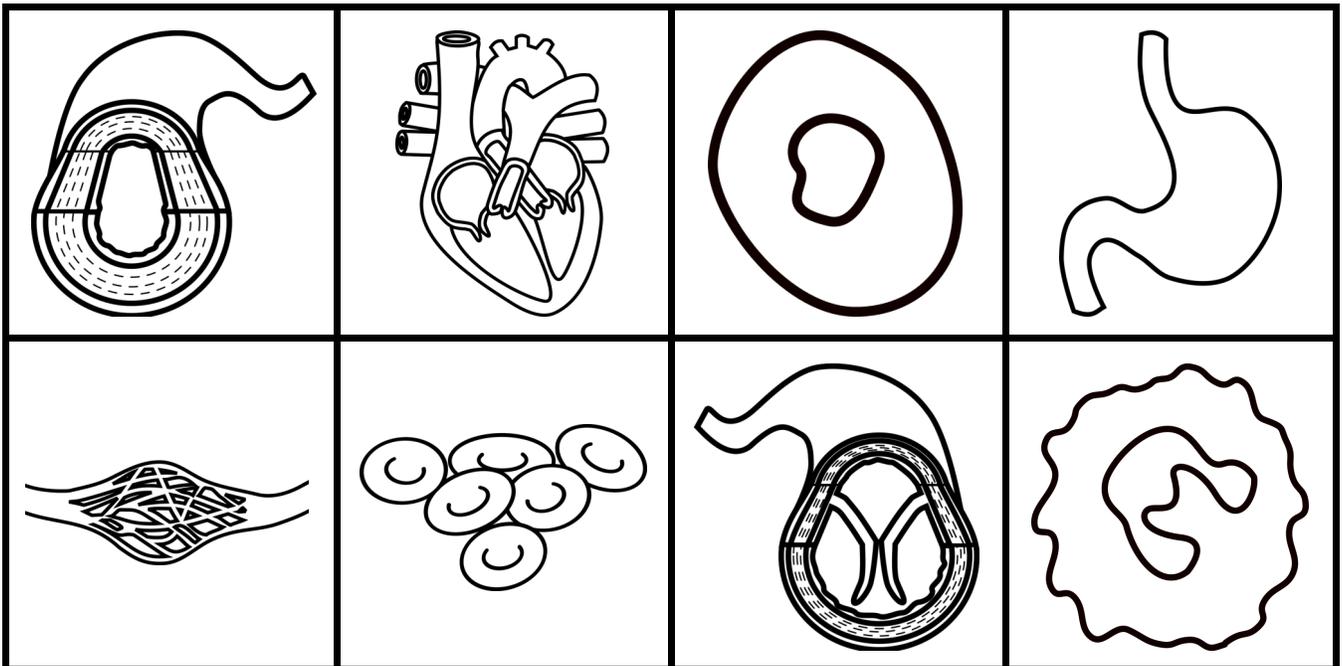
n e v i

artery	white	heart	red
platelet	vein	capillary	

A Closer Look at Body Systems

Parts of the Circulatory System

At the bottom of the page are eight pictures. Cut out the seven that are part of the circulatory system and paste them in the boxes at the top of the page.

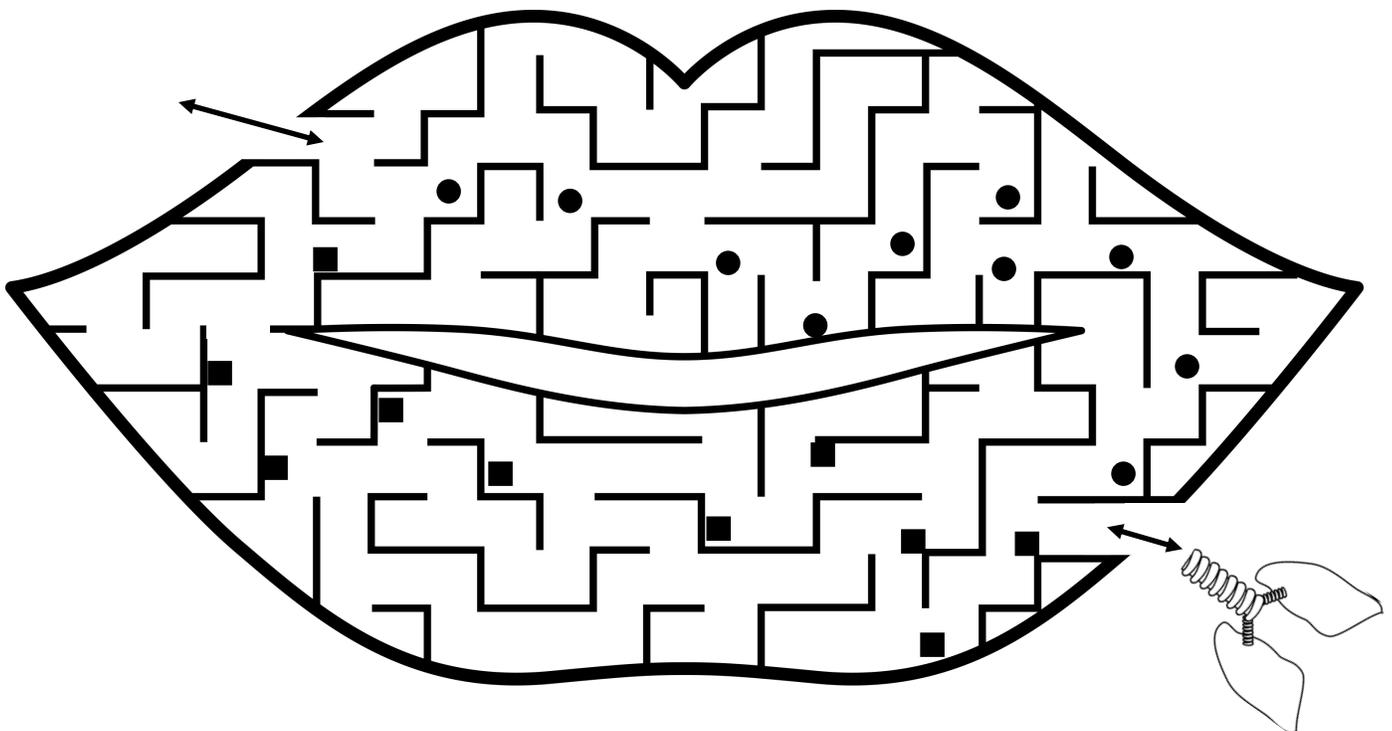


A Closer Look at Body Systems

Help the Air Get to the Lungs

You know that oxygen enters your body when you breathe through your nose and mouth. The air travels down your windpipe, or trachea, and into two tubes, or bronchi, that take the air into your lungs. The bronchi begin to split into smaller and smaller branches after they enter your lungs until they reach very tiny air sacs. This is where the oxygen travels through the thin walls of the air sacs and goes into your blood. After the blood takes the oxygen out of the air sacs, the air sacs pick up the waste from the blood and push it back out of the nose or mouth when you breathe out.

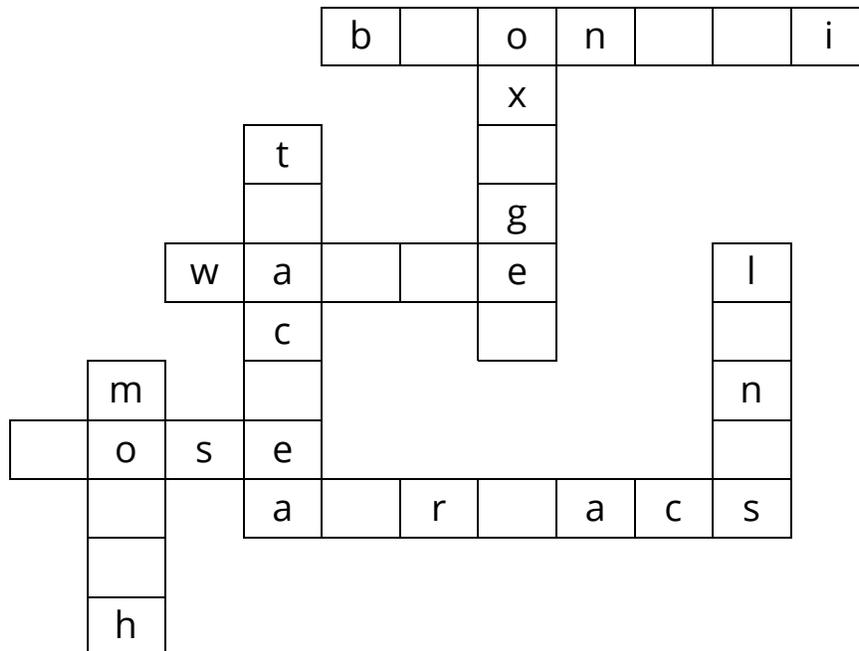
Most of the time, we breathe through our nose, but we can sometimes breathe through our mouths. Look at the mouth maze below. Let's practice remembering the long journey that air takes to the lungs by following the dots through the maze. Then practice remembering the long journey waste air takes out of the lungs by following the squares out of the maze.



A Closer Look at Body Systems

What's Missing?

Imagine you are playing a word game. The tiles spell words about the respiratory system. But, while you are playing the game, someone bumps the board, and some of the tiles fall to the floor! You have a list of the words that were used (see the word bank at the bottom of the page). Fill in the letters that are missing to finish spelling the words in the game.



air sacs	lungs	nose	trachea
bronchi	mouth	oxygen	waste

A Closer Look at Body Systems

Decoding the Digestive System

Let's see if you can decode the parts of the digestive system below. Each one has a clue. There are lines to write your answer on, with one line for each letter. Under the lines, there are math problems for you to do to find the right letters for the answer. When you do the math problem, look for the number in the chart at the top of the page and write the letter for that number on the line.

a	b	c	d	e	f	g	h	i	j	k	l	m
1	2	3	4	5	6	7	8	9	10	11	12	13

n	o	p	q	r	s	t	u	v	w	x	y	z
14	15	16	17	18	19	20	21	22	23	24	25	26

1. This part of the digestive system uses strong chemicals that are safe for inside your body. They break down food and even kill some things that could be in the food that would hurt you.

$$\begin{array}{ccccccc} \hline 10+9 & 10+10 & 8+7 & 6+7 & 0+1 & 2+1 & 4+4 \\ \hline \end{array}$$

2. These tiny fingerlike groups of cells line the small intestine and reach out and absorb nutrients from the digested food.

$$\begin{array}{ccccc} \hline 11+11 & 5+4 & 6+6 & 7+5 & 6+3 \\ \hline \end{array}$$

3. This part of the digestive system sends a greenish-yellow liquid called bile to the small intestine to help it break down the fats in your food. It also works like a big power plant.

$$\begin{array}{ccccc} \hline 11+1 & 7+2 & 10+12 & 2+3 & 9+9 \\ \hline \end{array}$$

A Closer Look at Body Systems

Decoding the Digestive System (continued)

a	b	c	d	e	f	g	h	i	j	k	l	m
1	2	3	4	5	6	7	8	9	10	11	12	13

n	o	p	q	r	s	t	u	v	w	x	y	z
14	15	16	17	18	19	20	21	22	23	24	25	26

4. This part of the digestive system is where the system starts when you take a bite and start chewing food into smaller pieces.

$$\begin{array}{cccccc} \hline 8+5 & 10+5 & 10+11 & 10+10 & 5+3 & \\ \hline \end{array}$$

5. This part of the digestive system is about 22 feet (7 meters) long and is where most of your digestion takes place.

$$\begin{array}{cccccc} \hline 11+8 & 10+3 & 1+0 & 10+2 & 9+3 & \\ \hline \end{array} \quad \text{intestine}$$

6. This part of the digestive system is a long tube that runs from your mouth to your stomach. It's about 10 inches (25 centimeters) long, and the walls are lined with muscles that move and contract in a wave-like manner that keeps pushing the food down further and further until it reaches the stomach.

$$\begin{array}{cccccccccc} \hline 4+1 & 12+7 & 10+5 & 8+8 & 2+6 & 1+0 & 3+4 & 11+10 & 18+1 & \\ \hline \end{array}$$

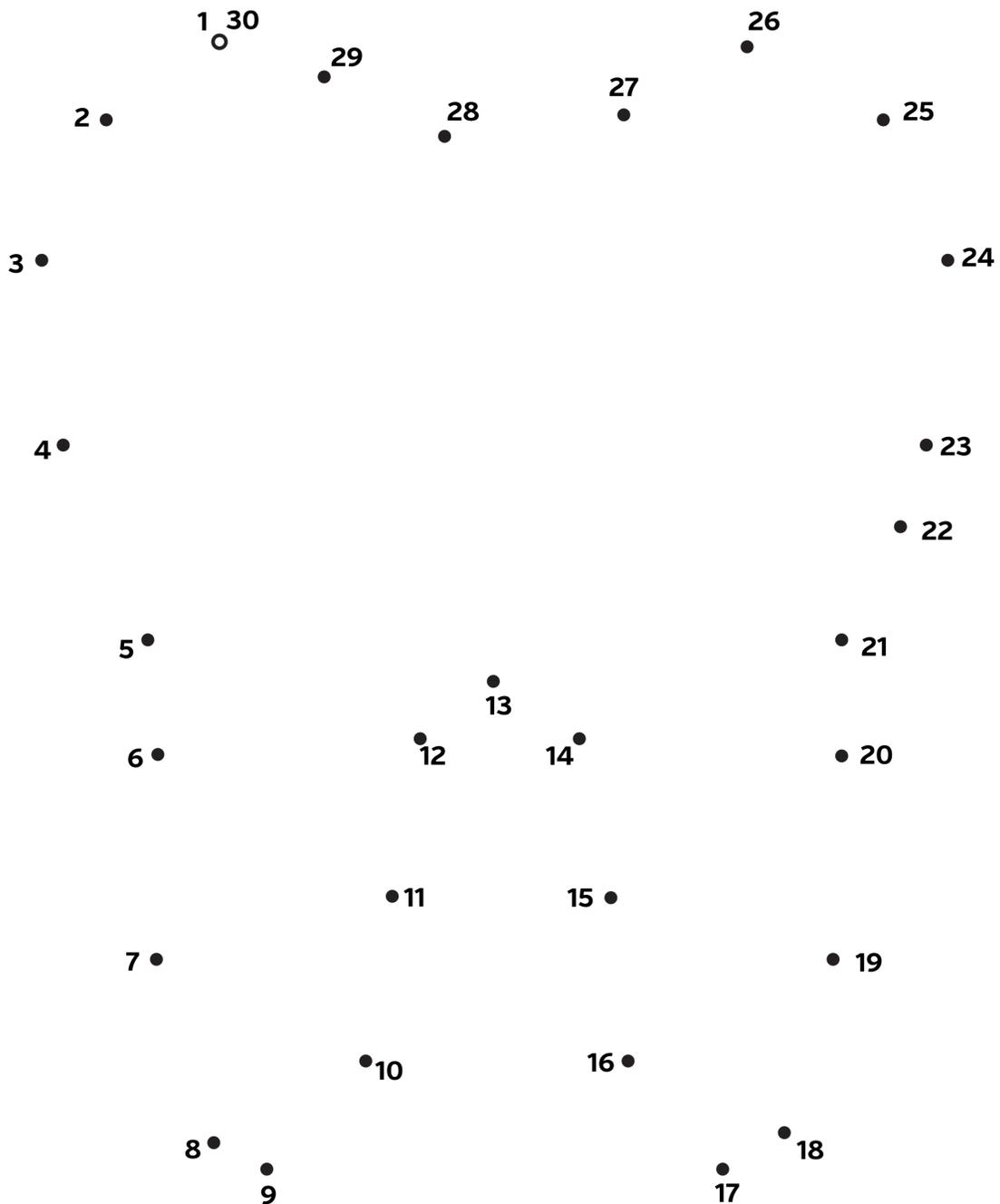
7. This part of the digestive system wraps around the outside of the small intestine and is about 5 feet (1.5 meters) long. It takes any water and salts that your body needs that are still left in the food and then moves the rest on to the rectum, where waste can be passed out of your body.

$$\begin{array}{cccccc} \hline 10+2 & 0+1 & 10+8 & 5+2 & 5+0 & \\ \hline \end{array} \quad \text{intestine}$$

A Closer Look at Body Systems

Digestive System—Chewing Food

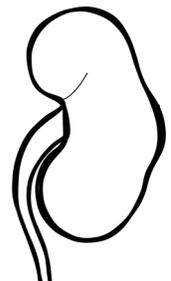
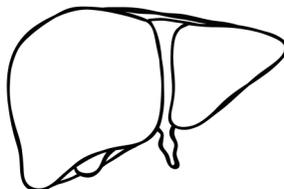
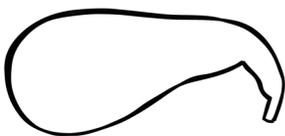
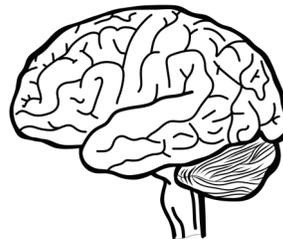
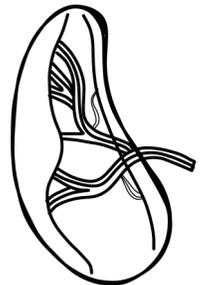
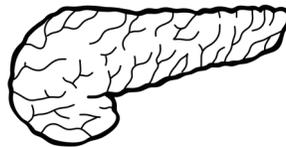
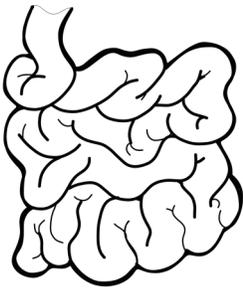
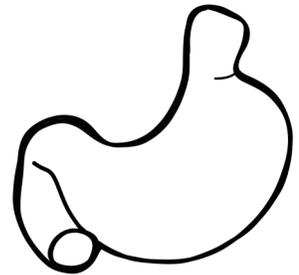
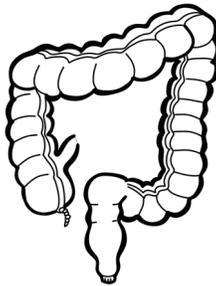
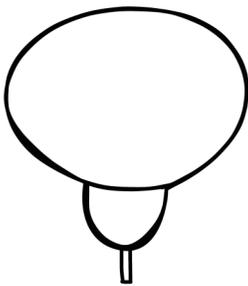
When we put food in our mouth, which is a part of the digestive system, our teeth help us start the process of digesting food by chewing it up. Follow the dot-to-dot to draw a picture of a tooth.



A Closer Look at Body Systems

The Urinary System—Getting Rid of Waste!

How does your body get rid of the waste that is left over when the cells do their jobs? This waste mixes with water and is passed out of your body through the urinary system. What are the two main organs in the urinary system? See if you can pick them out of the pictures below. Circle the kidneys and the bladder.



A Closer Look at Body Systems

Urinary System—Multiple Choice

Circle the correct answer to each question.

1. How many kidneys do you have?

one

two

three

2. Your kidneys are about the size of your what?

head

nose

fist

3. Your kidneys have millions of tiny what in them?

filters

fishing poles

eyes

4. What would your body fill up with if your kidneys did not do their job?

scrambled eggs

fish

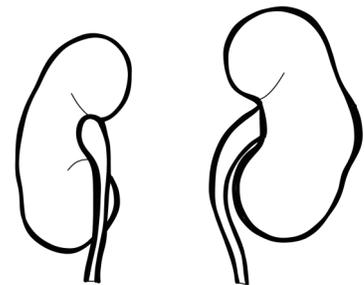
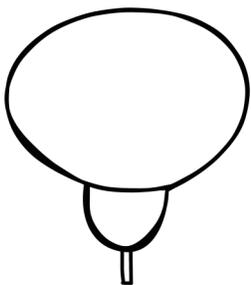
poisons

5. What fills up your bladder that you need to get rid of by going to the bathroom?

urine

bones

muscles

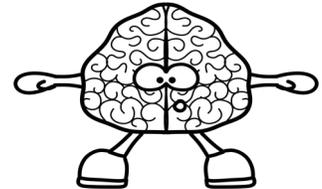
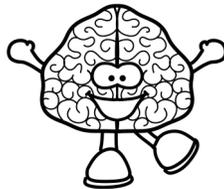
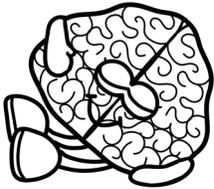


A Closer Look at Body Systems

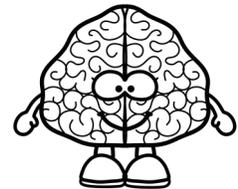
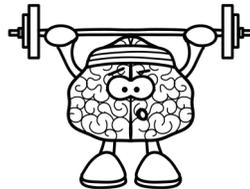
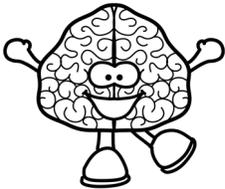
Brain Power!

Your brain is part of your nervous system and is the headquarters of everything in your body. Your brain connects to your spinal cord, which is a bundle of nerves. Nerve cells carry messages from your brain to every part of your body. That is really a lot of work! Of course, your brain doesn't make faces, but have fun coloring or circling the funny pictures that shows what you think your brain could look like at different times.

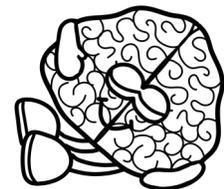
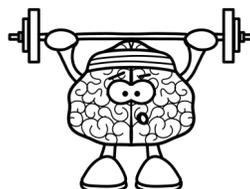
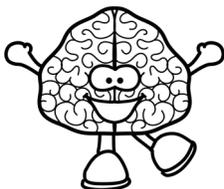
1. How might your brain look when you are sleeping?



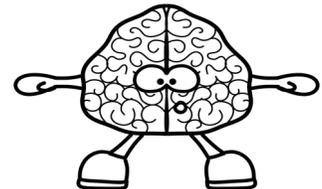
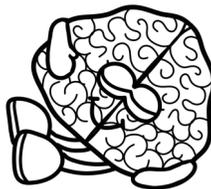
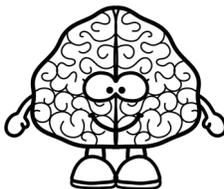
2. How might your brain look when it is working hard?



3. How might your brain look when you are having fun?



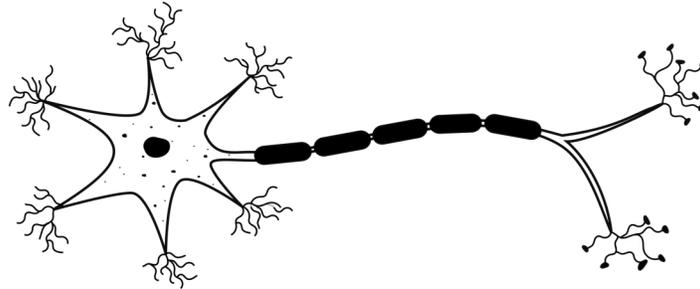
4. How might your brain look when it is stretching after it wakes up?



A Closer Look at Body Systems

What's the Message?

Draw a picture of the message you think this nerve cell is sending out to your body. It can be anything you want, either serious or funny.



A Closer Look at Body Systems

What Does It Mean?

Below are some words and definitions about muscles that are important to know. In the top chart are six definitions. Cut out the squares with the words from the bottom of the page and paste each word under the correct definition.

muscles that let you lift your arm, take a step, or move your mouth to talk	muscles that make the walls of your heart	bundles of muscle tissue that are bound and working together
muscles that you don't control, they do their work without you ever thinking about it	muscles in most of your internal organs	muscles you can move or not move, depending on what you want them to do

Muscles	Voluntary muscles	Smooth muscles
Cardiac muscles	Skeletal muscles	Involuntary muscles

A Closer Look at Body Systems

How Does It Look?

Draw a picture of something you like to do that uses voluntary, or skeletal, muscles.

A Closer Look at Body Systems

Decoding the Skeletal System

The skeletal system is very important. It is made of all your bones. Something that the skeletal system does that is very important is that it gives your body shape and holds it up. Without bones, you would be a big blob—you couldn't move very easily, and you would be all flattened out on the floor. That doesn't sound like a very fun way to live!

Below are lines to write words on that you have seen in your study of the skeletal system. Under the lines, there are math problems for you to do to find the right letters for the word. When you do the math problem, look for the number in the chart at the top of the page and write the letter for that number on the line.

a	b	c	d	e	f	g	h	i	j	k	l	m
1	2	3	4	5	6	7	8	9	10	11	12	13

n	o	p	q	r	s	t	u	v	w	x	y	z
14	15	16	17	18	19	20	21	22	23	24	25	26

1. $\frac{\quad}{19-1}$ $\frac{\quad}{11-2}$ $\frac{\quad}{8-6}$ $\frac{\quad}{6-3}$ $\frac{\quad}{5-4}$ $\frac{\quad}{10-3}$ $\frac{\quad}{10-5}$

2. $\frac{\quad}{20-1}$ $\frac{\quad}{13-2}$ $\frac{\quad}{22-1}$ $\frac{\quad}{15-3}$ $\frac{\quad}{14-2}$

3. $\frac{\quad}{5-3}$ $\frac{\quad}{20-5}$ $\frac{\quad}{16-2}$ $\frac{\quad}{8-3}$ $\frac{\quad}{21-2}$

4. $\frac{\quad}{6-3}$ $\frac{\quad}{9-8}$ $\frac{\quad}{20-2}$ $\frac{\quad}{22-2}$ $\frac{\quad}{10-1}$ $\frac{\quad}{13-1}$ $\frac{\quad}{6-5}$ $\frac{\quad}{9-2}$ $\frac{\quad}{7-2}$

5. $\frac{\quad}{12-0}$ $\frac{\quad}{12-3}$ $\frac{\quad}{8-1}$ $\frac{\quad}{3-2}$ $\frac{\quad}{14-1}$ $\frac{\quad}{9-4}$ $\frac{\quad}{15-1}$ $\frac{\quad}{21-1}$ $\frac{\quad}{23-4}$

A Closer Look at Body Systems

Skeletal System and More—Multiple Choice

Circle the correct answer to each question.

1. Bones are hard on the outside, but what is on the inside?

peppermint

softer bone

ligaments

2. What color is the bone marrow that is mostly fat?

yellow

red

blue

3. What color is the bone marrow that manufactures blood cells?

purple

yellow

red

4. About how long do red blood cells live?

30 days

300 days

30 years

5. More than how many muscles are in your body?

600

500

6,000

6. More than how many bones are in your body?

500

1,000

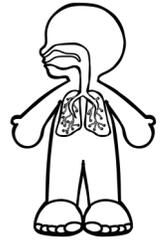
200

A Closer Look at Body Systems

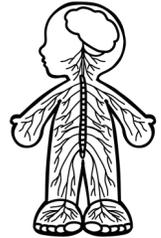
What Body System Is It?

Match the name of the system to a picture of the system.

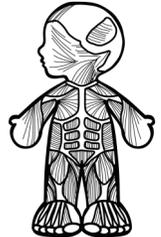
1. Circulatory system



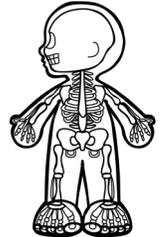
2. Respiratory system



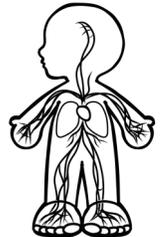
3. Digestive system



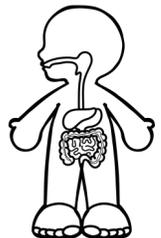
4. Nervous system



5. Muscular system



6. Skeletal system



A Closer Look at Body Systems

Reviewing Terms

Find the body system terms in the puzzle that are listed in the word box at the bottom of the page. NOTE: In one place, two words share three letters.

A A P L U N G S K E L E T A L V R A N R O E
 V I L L I C A P I L L A R Y H E A R T E R Y
 N K A C A R T I L A G E S E B I T I B T I B
 B A T V O L U N T A R Y A T R N R B N O H R
 L M E S O P H A G U S T S T O M A C H X S A
 A U L I N V O L U N T A R Y N C C A L Y M I
 D S E E W E H C O A I R S A C S H G A G O N
 D C T M A R R O W E M O U T H D E E A E O O
 E L R L S N E R V E C E L L I G A M E N T S
 R E R X T K I D N E Y S C A R D I A C N H E
 E L I V E R M O U T H S K U L L B O N E S X

air sacs	esophagus	mouth	smooth
artery	heart	muscle	spinal cord
bladder	involuntary	nerve cell	stomach
bones	kidneys	nose	trachea
brain	ligaments	oxygen	vein
bronchi	liver	platelet	villi
capillary	lungs	rib cage	voluntary
cardiac	marrow	skeletal	waste
cartilage	mouth	skull	

Answer Key

A Closer Look at Body Systems

Scrambled Circulatory System

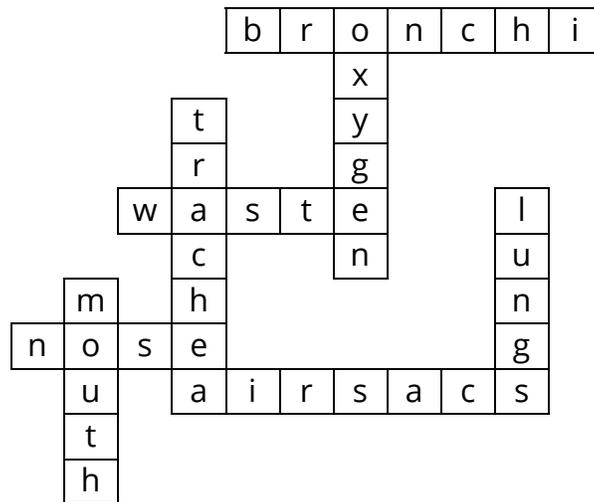
1. heart
2. platelet
3. capillary
4. white
5. artery
6. red
7. vein

Parts of the Circulatory System

This is not part of the circulatory system:



What's Missing?

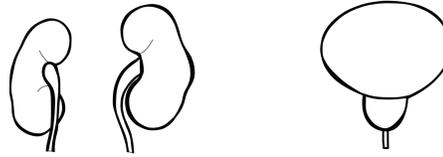


Decoding the Digestive System

1. stomach
2. villi
3. liver
4. mouth
5. small
6. esophagus
7. large

The Urinary System- Getting Rid of Waste!

The organs that should be circled are:

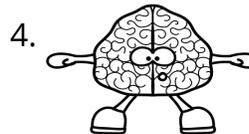
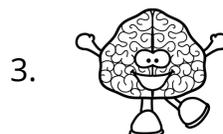


Urinary System—Multiple Choice

1. two
2. fist
3. filters
4. poisons
5. urine

Brain Power

The student can answer these any way they want—it is just a fun exercise. Some suggested answers would be:



What Does It Mean?

muscles that let you lift your arm, take a step, or move your mouth to talk	muscles that make up the walls of your heart	bundles of muscle tissue that are bound and working together
Skeletal muscles	Cardiac muscles	Muscles
muscles that you don't control, they do their work without you ever thinking about it	muscles in most of your internal organs	muscles you can move or not move, depending on what you want them to do
Involuntary muscles	Smooth muscles	Voluntary muscles

Decoding the Skeletal System

1. rib cage
2. skull
3. bones
4. cartilage
5. ligaments

Skeletal System and More—Multiple Choice

1. softer bone
2. yellow
3. red
4. 30 days
5. 600
6. 200

What Body System Is It?

1. Circulatory system

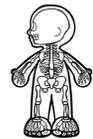
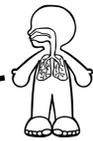
2. Respiratory system

3. Digestive system

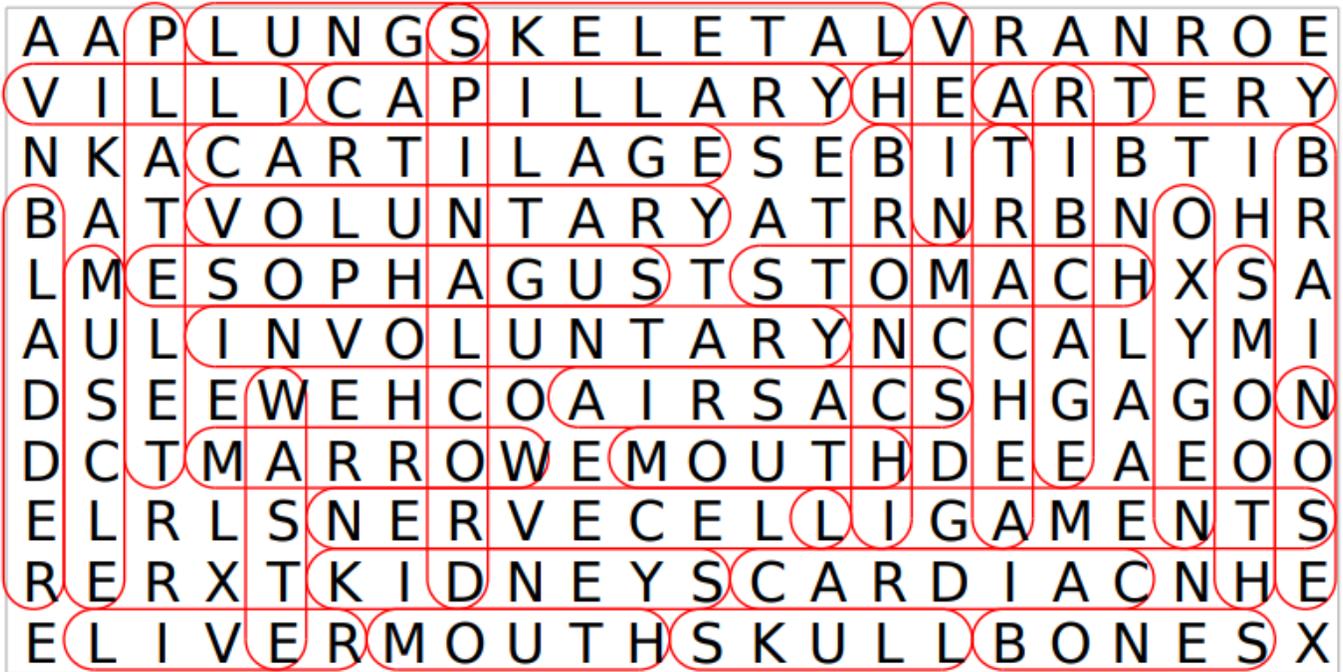
4. Nervous system

5. Muscular system

6. Skeletal system



Reviewing Terms



Word Search and answer key generated by www.ArmoredPenguin.com.



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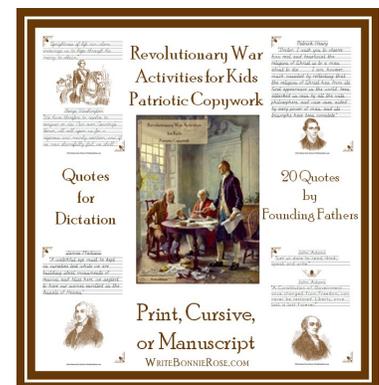
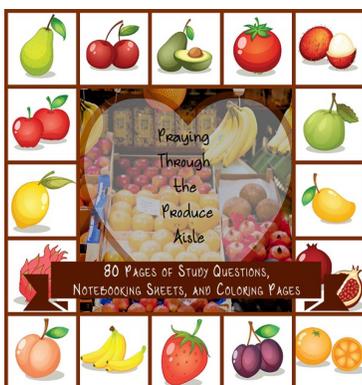
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