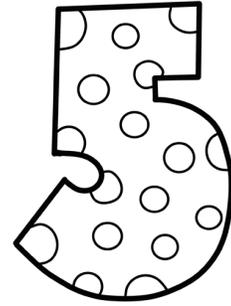


Our Senses and Systems and How They Work

Our bodies are pretty amazing! We have ears to hear with, eyes to see with, a nose to smell with, taste buds to taste with, and fingers and nerves to touch with, and that's only the beginning! What's even more incredible is that our bodies do all those things without us telling them to. As a matter of fact, babies can hear and feel and sense things even before they are born! Let's start learning about our bodies by discovering the five senses.

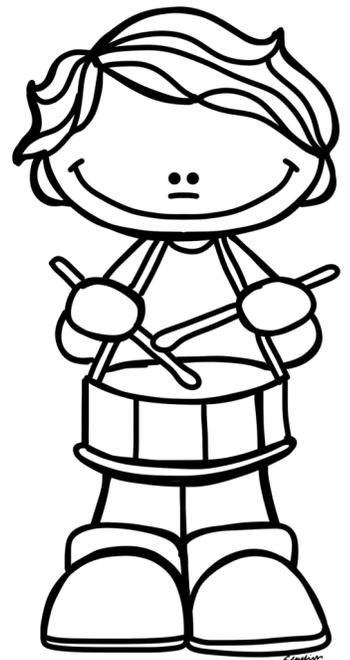
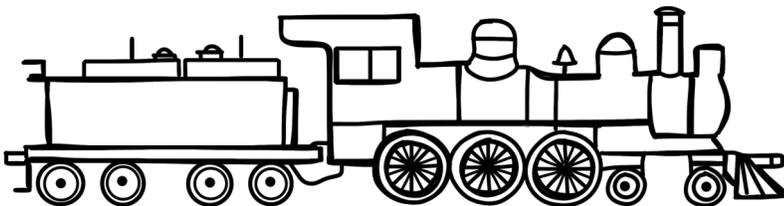


SENSES



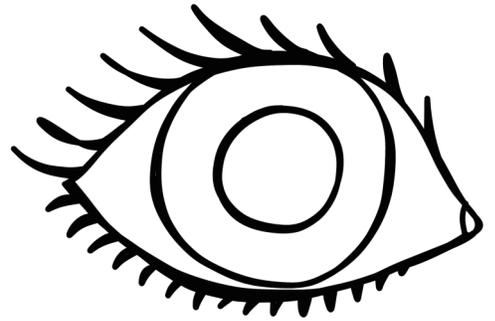
Our ears allow us to **hear** what is going on around us. Think about all the things you hear in one day. You can hear your alarm clock ringing, your family talking, the breeze rustling leaves on a tree, birds singing, your pet calling for you, cars and trucks running outside, and someone setting the breakfast table—and that's all before you get out of bed! We hear our favorite songs as well as sounds of danger, like a fire alarm or someone shouting. We use our ears all day, every single day, and we never have to stop and tell ourselves to hear (though sometimes we need to remind ourselves to listen and pay attention better).

What are some other things you can think of that you hear everyday? What about when you visit the park, go to the grocery store, or go for a walk?



Hearing

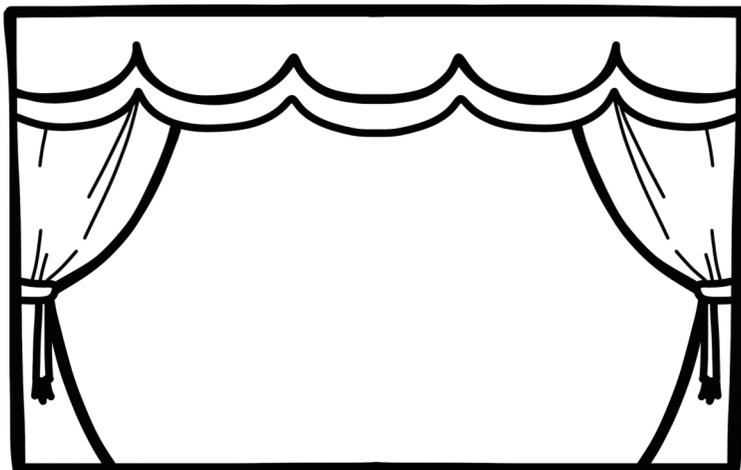
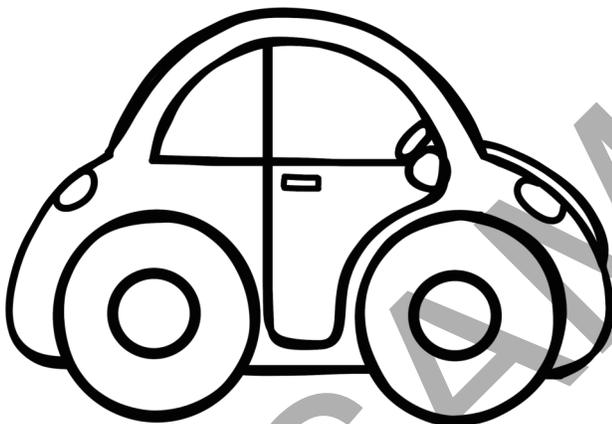
Our eyes are responsible for our sense of **sight**. It would be impossible to think of every single thing you see in just one day. We see without thinking about it; our bodies and our brain know what to do, and they look around and see things all day long.



You use your eyes to read a book, watch a movie or a play, check if it is safe to cross the street, find things you have lost, play games, and see what food is on your plate.

What are some other things you can think of that you see everyday? What can you see around you right now?

Sight

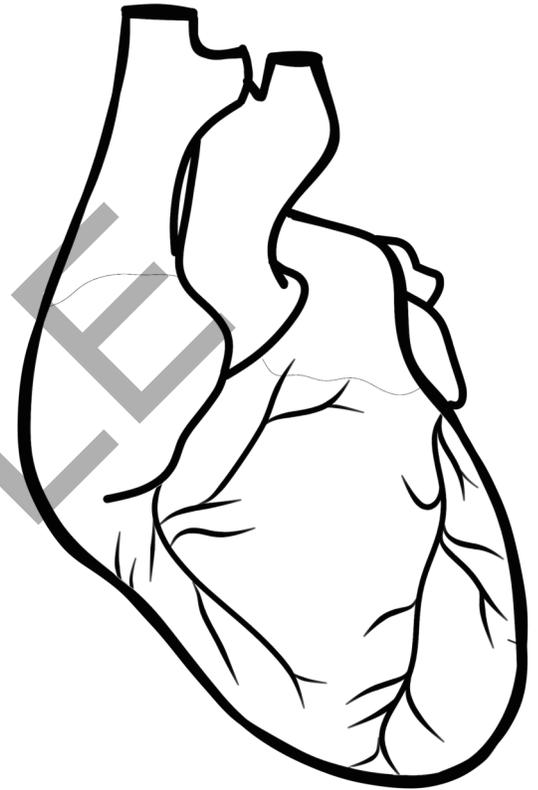


Circulatory

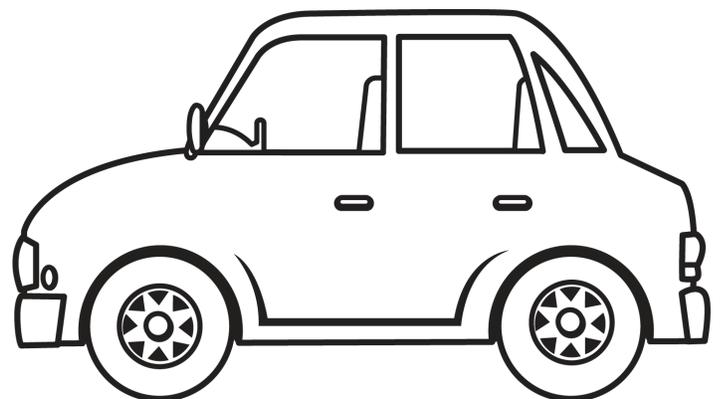
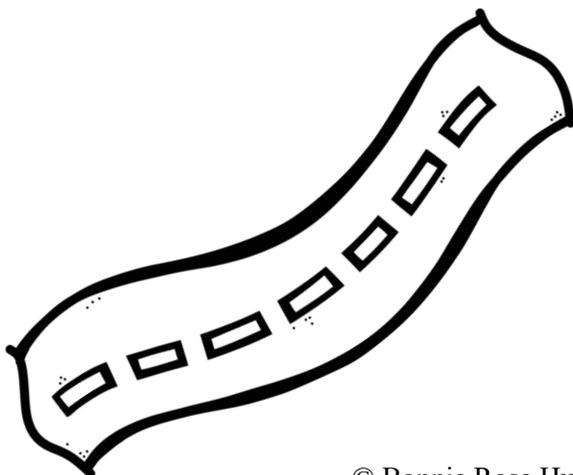
System

Not only do our bodies have senses, they also have systems. A system is just a group of parts that work together to get a job done. We're going to learn about a few of the amazing systems in our bodies. The first one we're going to discover is the **circulatory system**.

The circulatory system has three main parts: the **heart**, blood vessels, and blood. Think of the circulatory system like a huge system of roads that reach every part of our bodies. The circulatory system's job is to carry oxygen and nutrients to all the cells in our bodies so they can produce energy. Our human cells are so small they can only be seen with a microscope, but trillions and trillions of them come together just right to make our bodies. Think of a house that you build with plastic blocks. Each of those blocks has a job to do, just like each of our cells has a job to do. In order to do their jobs, our cells need oxygen and nutrients, which is their food. Our blood carries the food to the cells. It uses blood vessels, which act like roads, to do that. All these parts together make up our circulatory system. Our heart is the main pump that keeps all the blood moving through our bodies.



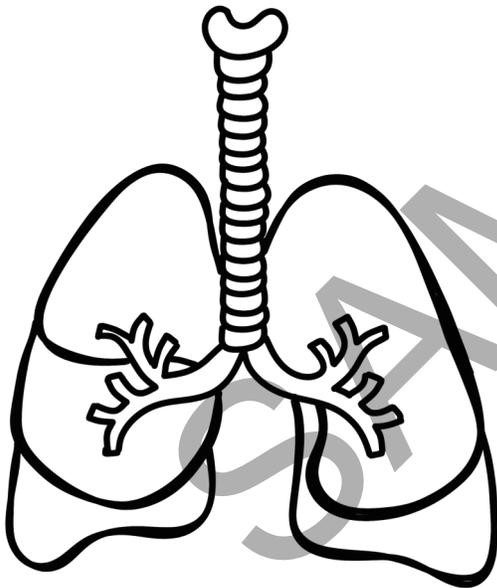
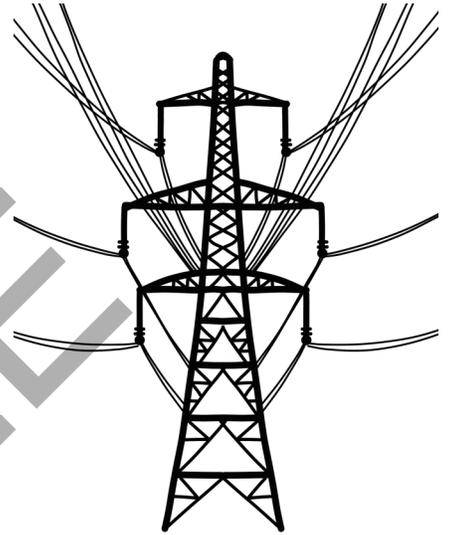
Heart



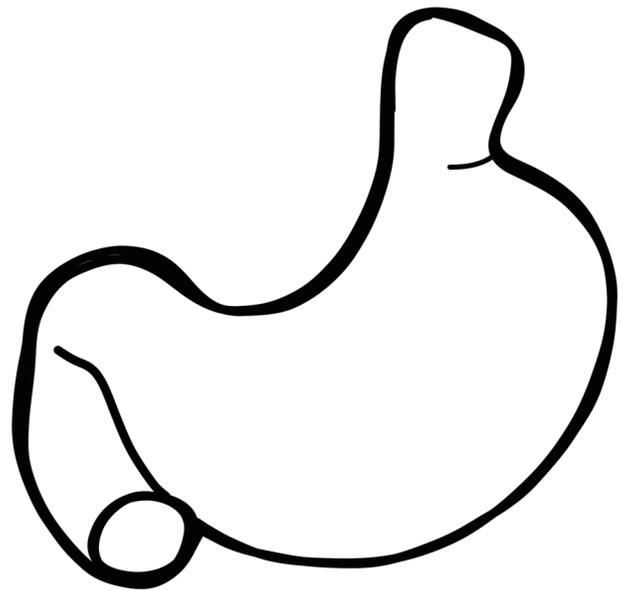
Digestive and

Respiratory Systems

Now we know the cells in our bodies need oxygen and nutrients to produce energy, but where do we get those from? That's why the jobs of the **digestive** and **respiratory systems** are so important. They work together to give the cells what they need to produce energy, like a power plant for our bodies. The most important part of our respiratory system is our **lungs**, and one of the most important parts of our digestive system is our **stomach**.

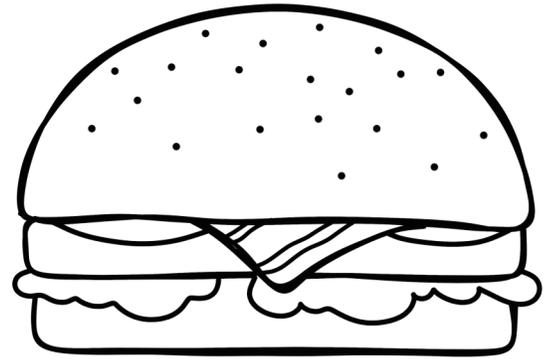


Lungs



Stomach

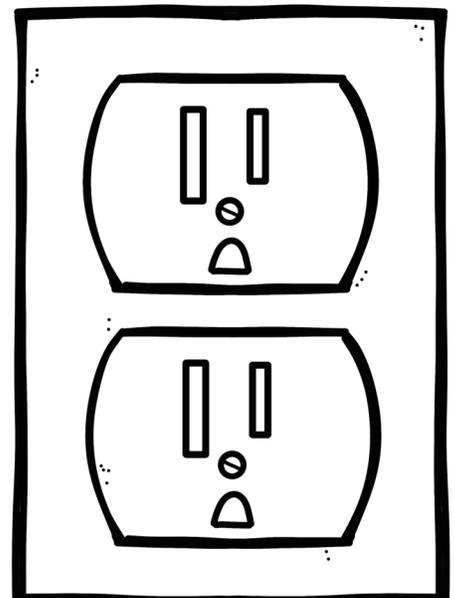
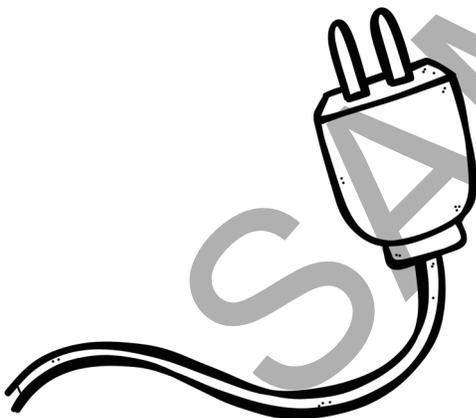
When you breathe in, your nose and mouth filter the air and get rid of dust or dirt that might be in it. From there, the air is sent to your lungs. Your lungs take care of sending the oxygen your cells need through the blood. They also get rid of another part of the air, called carbon dioxide, when you breathe out.



Your digestive system has an awfully big job to do. Your cells need food, but they need the food to be broken down into nutrients first. After all, since your cells are so tiny you can only see them through a microscope, they can't exactly take bites out of a hamburger, can they?

Several different parts of the digestive system work together to do the job of breaking our food down into nutrients. While food is in the stomach, strong muscles work the food back and forth and all around, mixing a special acid into it that breaks food down into smaller parts.

When the respiratory and digestive systems have done their jobs, our cells get the oxygen and nutrients they need to produce energy!

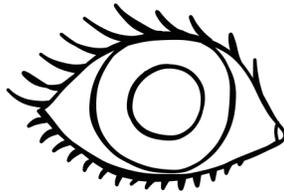


Review

Which of the following is part of our sense of smell? Draw a circle around it.



Ear

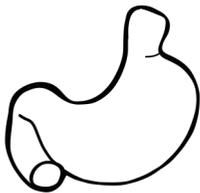


Eye

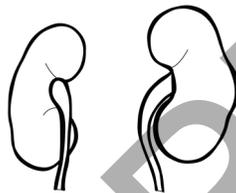


Nose

Which organ is part of the circulatory system? Draw a circle around it.



Stomach



Kidneys



Heart

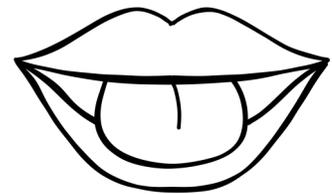
Which of the following is part of our sense of taste? Draw a circle around it.



Ear



Fingertips

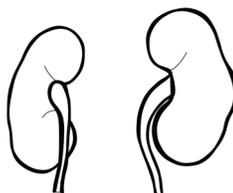


Tongue

What organ is in charge of sending messages through our bodies? Draw a circle around it.



Brain



Kidneys



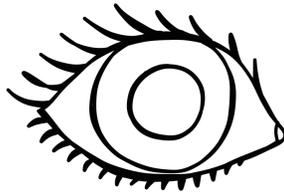
Muscles

Review Answer Key

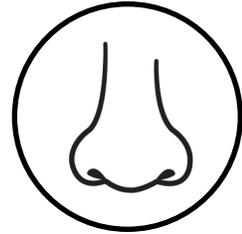
Which of the following is part of our sense of smell? Draw a circle around it.



Ear

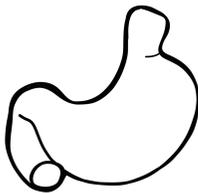


Eye

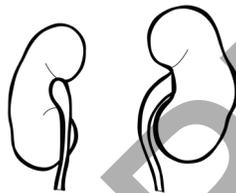


Nose

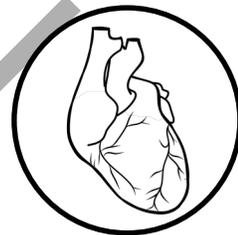
Which organ is part of the circulatory system? Draw a circle around it.



Stomach



Kidneys



Heart

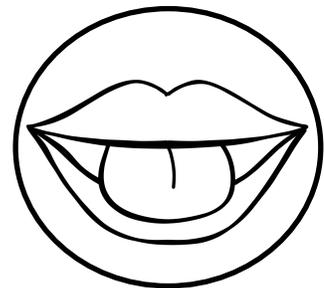
Which of the following is part of our sense of taste? Draw a circle around it.



Ear

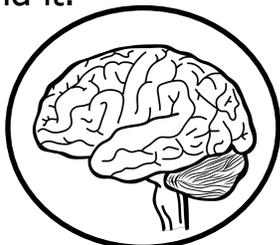


Fingertips

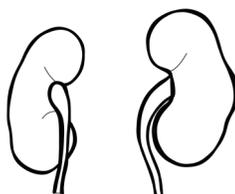


Tongue

What organ is in charge of sending messages through our bodies? Draw a circle around it.



Brain



Kidneys



Muscles