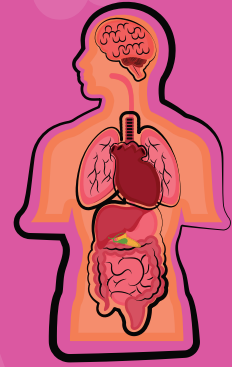


For P1 - P4

# INSIDE THE HUMAN BODY

What goes inside our bodies when we are sick? Investigate how we figure out what is wrong and think about ways to help make someone feel better in this activity that can be done as one whole session or split up into smaller activities.



## THINGS YOU'LL NEED

- The Organ Vest
- Selection of symptom clues
- Code & Go Robot Mouse

## ACTIVITY LIST

- The Organ Vest
- What's the Problem
- Feeling Better
- Healthcare in the Real World

## INTRODUCTION – THE ORGAN VEST



### ACTIVITY LEADERS

Introduce the organ vest, and encourage the group to name all of the organs they can. Provide this as a free play opportunity, and listen to what the group's ideas are. They could draw out the organs as a group or individually, and think about what each part's job is.



This is Steven. Everyday, Steven starts the day by getting a coffee on his walk to the bus stop, waves hi to the same cute dog he sees watching from a neighbours window and then sitting in the same seat on the number 10 bus. One day, Steven is on the bus and begins to feel very unwell. He has to ask the bus driver to stop and needs to find somewhere to go to get help.

**Continued on next page**

## INTRODUCTION - THE ORGAN VEST (CONTINUED)

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### ACTIVITY LEADERS

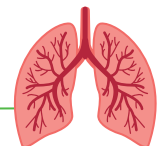
Open up a discussion about where Steven might go to help him feel better again. Who could help him feel better?

- He could go home. Maybe a family might be able to help?
- He could go to a pharmacy to get medicine
- He could visit his doctor at a GP surgery
- He might need an ambulance to go to hospital, and be taken there by a paramedic
- Doctors or nurses may treat him at the hospital



## PART 2 - WHAT'S THE PROBLEM?

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When he gets to the doctor, the doctor wants to know what is wrong and asks Steven to describe how he is feeling, to figure out his symptoms.

Sometimes, it can be hard to explain how you are feeling, and lots of different people working in lots of different jobs may be needed to work out what you are telling them, a bit like solving a puzzle.

### ACTIVITY LEADERS

Encourage the class to solve the anagrams and Number Code puzzles that will help them to figure out the symptoms, and find out what the problem is for Steven. Match the answers to the clues, to the symptom cards.

Puzzle 1: **Der sink** - Red skin

Puzzle 2: **Elfse tho** - Feels hot

Puzzle 3: **19-23-5-12-12-9-14-7** (SWELLING)

Puzzle 4: **19-15-18-5 20-21-13-13-25** (SORE TUMMY)



## PART 3 – TREAT THE SYMPTOMS



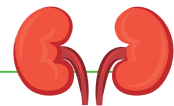
Did you figure it out? Steven has inflammation or swelling in his tummy. Now that we know what the problem is, doctors can try to help make Steven better. To fix this, sometimes doctors will give us medicines to tell our bodies to stop making the chemicals that make this swelling happen. Sometimes, they will even send cameras to take a look inside our bodies to find the problem.

### ACTIVITY LEADERS

Encourage the group to use the Code & Go Robot (or medicine) to reach inflammation inside the body. The inflamed body parts could be laid out on a grid using the Organ Vest. Where does the robot need to go? What might get in its way? Allow the group to be creative.



## PART 4 – HEALTHCARE IN THE REAL WORLD



Helping Steven to feel better again takes lots of hard work from lots of different people. There are lots of different types of jobs that people can do in health care to figure out the best ways to keep people feeling healthy.

### ACTIVITY LEADERS

Encourage the group to name as many different types of jobs they think are involved in health care. Collect as many as you can, and include a few of your own as examples. Write them on a board or on paper.

To finish, have every member of the group choose one of the jobs on your list and ask them to find out more about this job when they go home. They could have a discussion with family, learn about it on the Internet or in books from school or the library.

Encourage them to collect three facts about this job, and make a poster to explain what this job involves.



## **NUMBER CODE**

<b>A</b>	1
<b>B</b>	2
<b>C</b>	3
<b>D</b>	4
<b>E</b>	5
<b>F</b>	6
<b>G</b>	7
<b>H</b>	8
<b>I</b>	9
<b>J</b>	10
<b>K</b>	11
<b>L</b>	12
<b>M</b>	13
<b>N</b>	14
<b>O</b>	15
<b>P</b>	16
<b>Q</b>	17
<b>R</b>	18
<b>S</b>	19
<b>T</b>	20
<b>U</b>	21
<b>V</b>	22
<b>W</b>	23
<b>X</b>	24
<b>Y</b>	25
<b>Z</b>	26

# **SYPMTOMS**



## **Brain - Headache**

### **Symptoms**

- Sore head
- Feels hot
- Dizziness
- Tired



## **Stomach - Inflammation**

### **Symptoms**

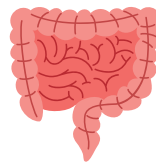
- Sore tummy
- Red skin
- Swelling
- Feels hot



## **Lungs - Cold**

### **Symptoms**

- Sore chest
- Feels cold
- Coughing
- Tired



## **Intestines - Diarrhea**

### **Symptoms**

- Sore tummy
- Tired
- Swelling
- Dehydrated