

Meet Buddy Your Healthy Body

CHILDREN'S EDUCATIONAL COLORING & ACTIVITY BOOK



Richmond University  Medical Center

WIC Program

Meet Buddy Your Healthy Body



This book belongs to

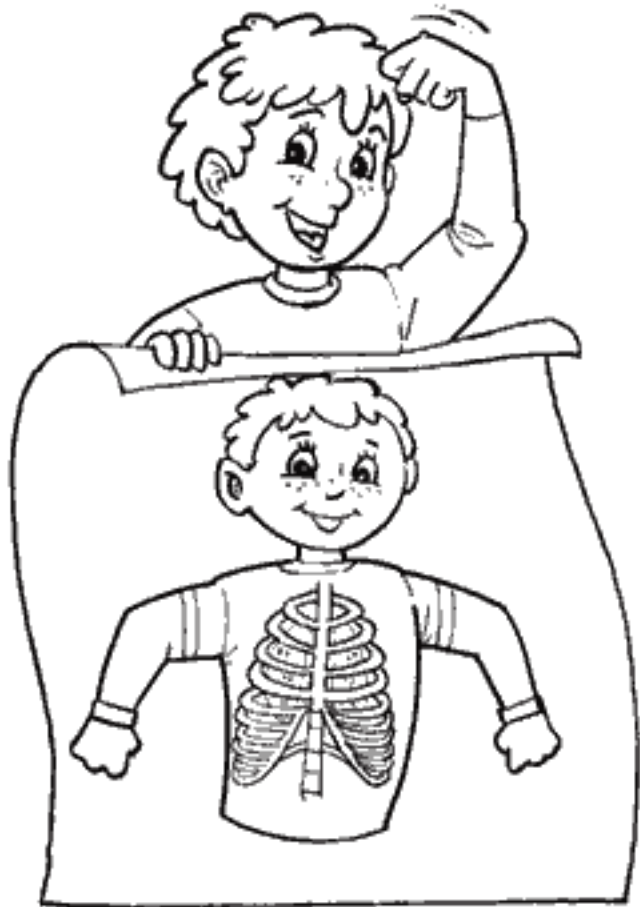
Hi, I'm Buddy, Your Healthy Body!



**Do you know what's really going on inside of me?
Well, actually, inside of US?
Here's the 411 on how we really work.**

ALL ABOUT BONES

We have more than 200 bones!



Did you know that bones keep your body safe? Your ribs protect your heart and lungs and your skull protects your brain.

Muscle Power



Muscles help your body to move. Without muscles, you couldn't run or walk or swim or stand. Muscles are even needed to breathe. And to smile. Did you know that you use 17 muscles to smile? But when you frown, you use 43!

The Skinny on Skin



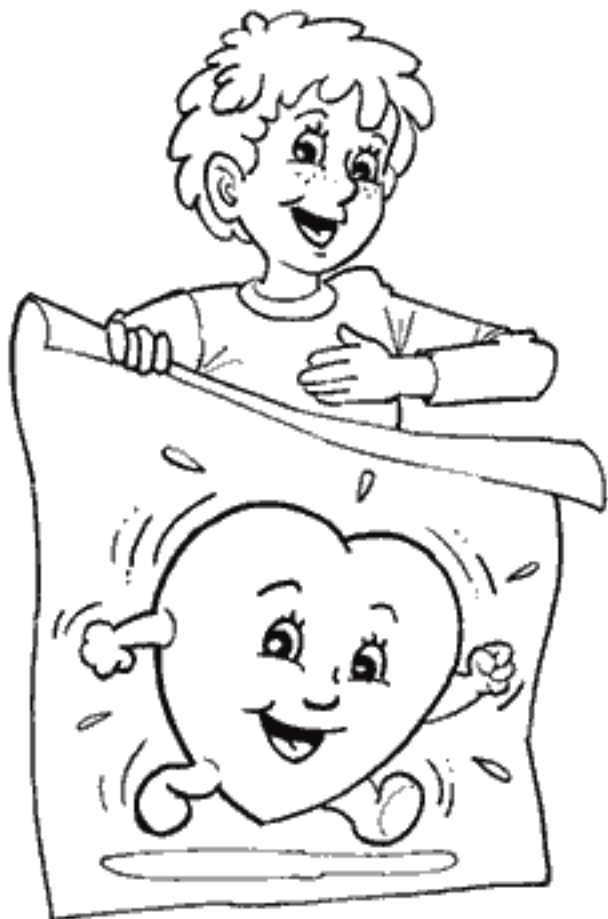
What covers you from top to toe and keep everything inside your body safe from germs? It's skin and it also protects you from rain and cold and heat. Did you know that your fingerprints are yours alone? No one in the whole world has fingerprints like yours.

Breathing In and Out



Take a deep breath and blow up a balloon. Those are your lungs at work. When you breathe you fill your lungs with oxygen that you need to stay alive.

The Beat Goes On and On...



From the very moment you are born, your heart beats 2.5 billion times in a lifetime without ever stopping to rest. Hold your hand on the left side of your chest and feel it beating.

Blood Blast



Blood keeps us alive. Red blood cells carry oxygen throughout your body. White blood cells protect you from illness. They gobble up nasty germs, too. Did you know that you have a little more than five pints of blood in your body?

Brain Power

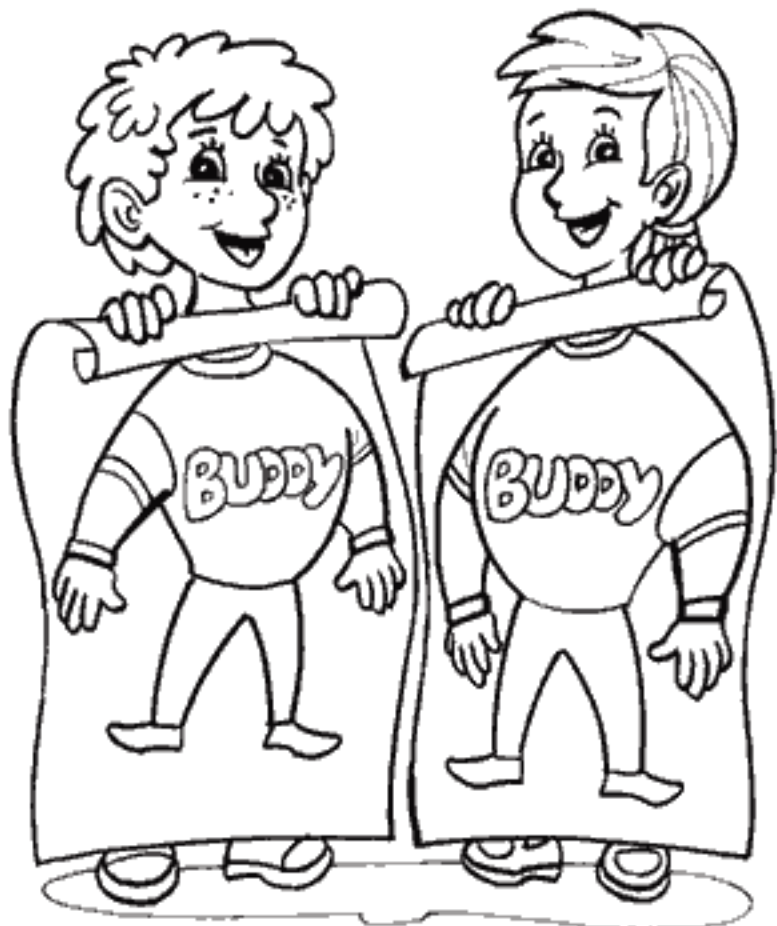


If you've ever said to someone, "You're not the boss of me" don't ever say that to your brain. It is the boss of you. It lets you think, feel, remember and learn.

It Makes Sense



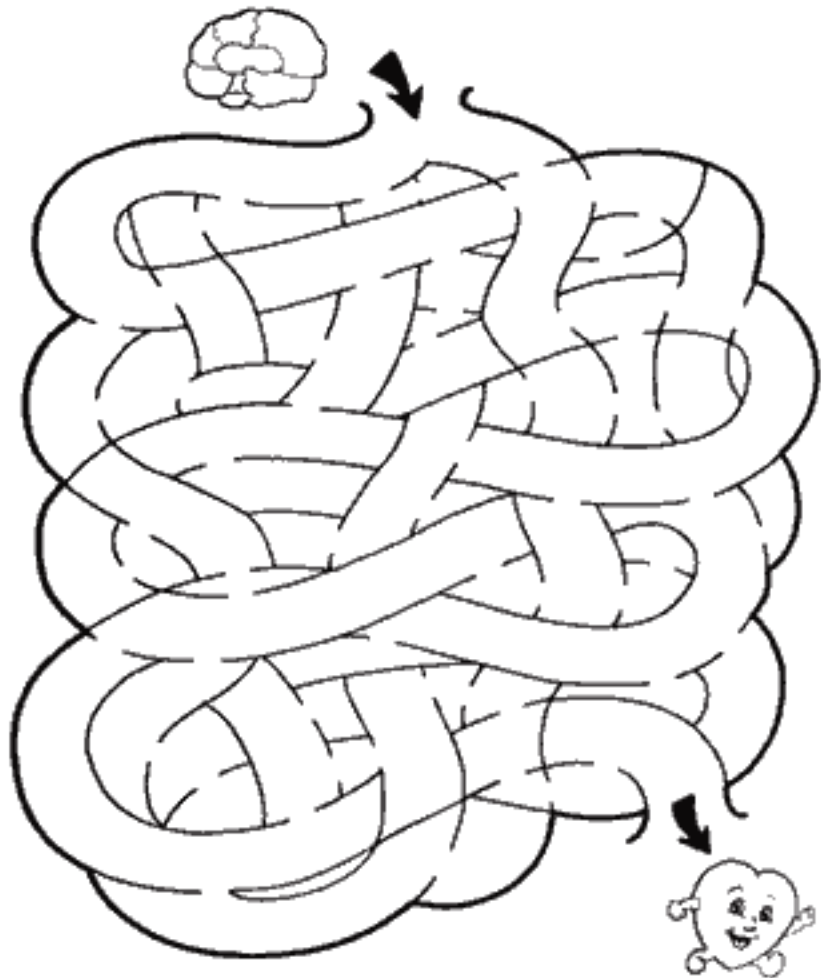
You have five senses that help you to SEE, HEAR, SMELL, TASTE and TOUCH. The senses send messages to your brain. But each sense has a main organ. Skin is the organ of touch, your tongue is for taste, eyes are for seeing, ears are for hearing and your nose is for smelling.



**There's so much to learn about our body.
It's incredible how all of our parts work together
to make us happy and healthy and strong.**

A-MAZING!

Find your way from the brain to the heart.



THE WORDS ARE ALL MIXED UP



Can you unscramble the words?

HINT: The word begins with the letter in black

1. **a**irbn _____
2. **i**snk _____
3. **r**ahet _____
4. **e**nsbo _____
5. **s**essen _____
6. **y**dBud _____
7. **e**lhtayh _____
8. **d**yo _____

WHICH ONE IS DIFFERENT?

1



2



3



4



FILL IN FUN



Fill in the missing word.

1. Your _____ is the biggest organ on your body.
2. Your _____ protect your heart and brain.
3. Your body has five _____.
4. Your heart _____ 100 times a minute.
5. _____ help your body move.

Fun Time!

QUESTIONS:

1. What did the big chimney say to the little chimney?
2. What did the little mountain say to the big mountain?
3. Why did the clock in the cafeteria run slow?
4. How do you make a bandstand?
5. Why did the lion spit out the clown?
6. Why did the farmer take hay to bed?
7. Why are frogs so happy?



ANSWERS:

1. You're too young to smoke. 2. Hi Cliff! 3. They're late! 4. Well back for friends. 5. Take away their crown? 6. Because he wanted funny! 7. He wanted to feed his nightmares. 8. They eat whatever bugs them.

Meet Buddy, Your Healthy Body

*I promise to take good care of my body
because if I do, it will take care of me.*

Sign your name here



LUNGS

Conforms to ASTM D-4236
Intended for ages 3 years & up
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