

MY BODY IS AMAZING!

A Magical Introduction to the Human Body

Audiobook Companion

By Sonya M., CLS

Illustrations, drawing activities, coloring pages and printable trackers for young explorers and their grown-ups.

Ages 4-10

Enjoy this companion alongside the audiobook. Choose a page together, talk about what you notice, and print activity pages as needed. A grown-up should help with activities and follow each child's abilities and comfort.

For learning, not medical advice. Ask a qualified healthcare professional about individual health concerns. The illustrations are stylized learning pictures, not diagnostic or anatomically exact medical diagrams.

Selected lessons and activities from the book, ready to print. More free guides for families at asksonya.ai.

Find your next activity

My explorer page

Companion page 3

Discover your body

Companion pages 4-21

Explore, draw and practice

Companion pages 22-36

My everyday trackers

Companion pages 37-42

For parents and caregivers

Companion page 43

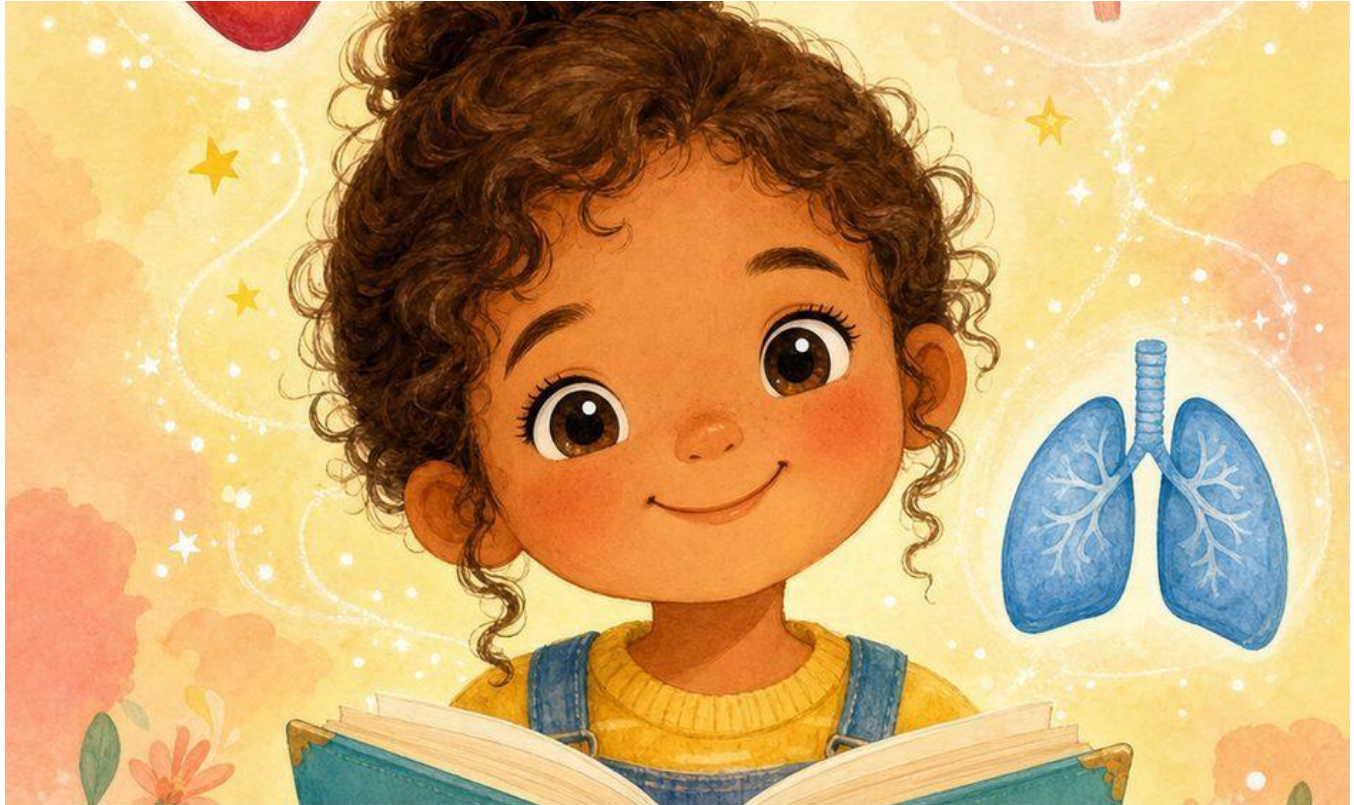
Color, celebrate and create

Companion pages 44-50

Page numbers in this guide refer to the companion PDF. The small numbers inside the illustrated pages match the printed book.

This companion includes selected lessons and activities from the printed book.

Personal activity responses can stay private. There is no need to upload a child's name, measurements or health information to use these pages.



This Book Belongs To:

Age: _____ Grade: _____

My Favorite Color: _____

My Favorite Food: _____



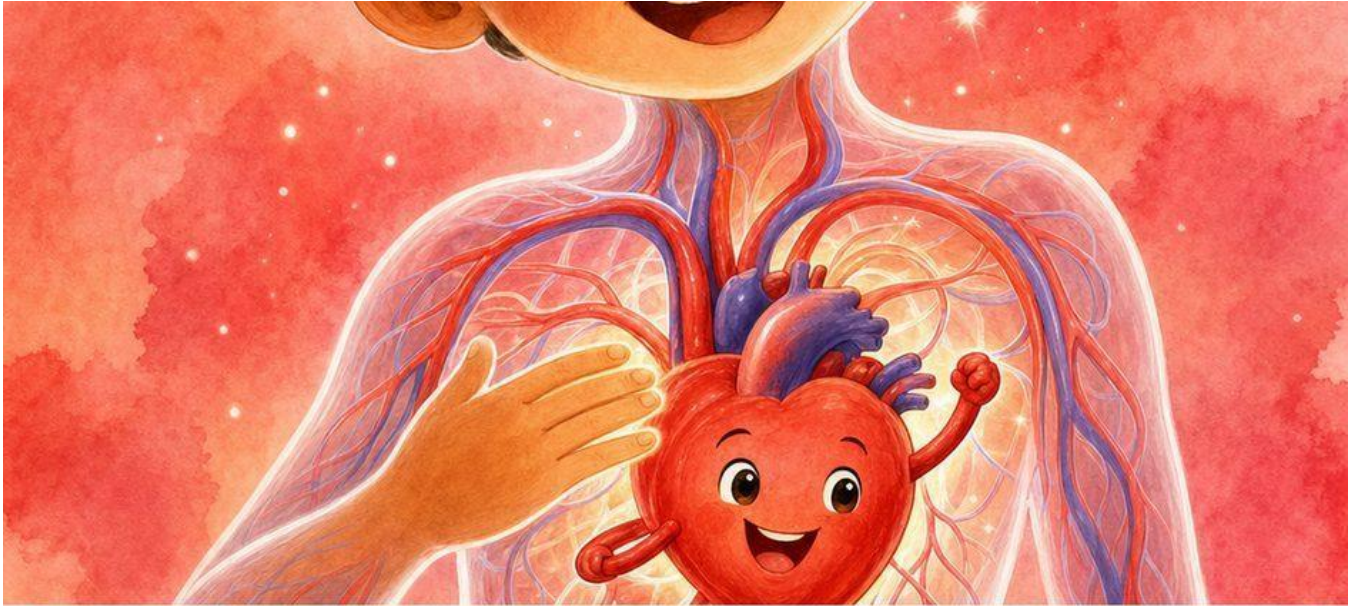
Your Amazing Heart

Your heart is a powerful muscle that pumps blood through your entire body. It beats about 100,000 times every single day — that's over 35 million times a year! Your heart is about the size of your fist and works 24 hours a day, 7 days a week.

Try This! *Count your heartbeats for 10 seconds, then multiply by 6 to find your heart rate!*

Fun Fact:

A child's heart beats about 90 times per minute. Put your hand on your chest and feel it beating right now!



Draw Your Heart!

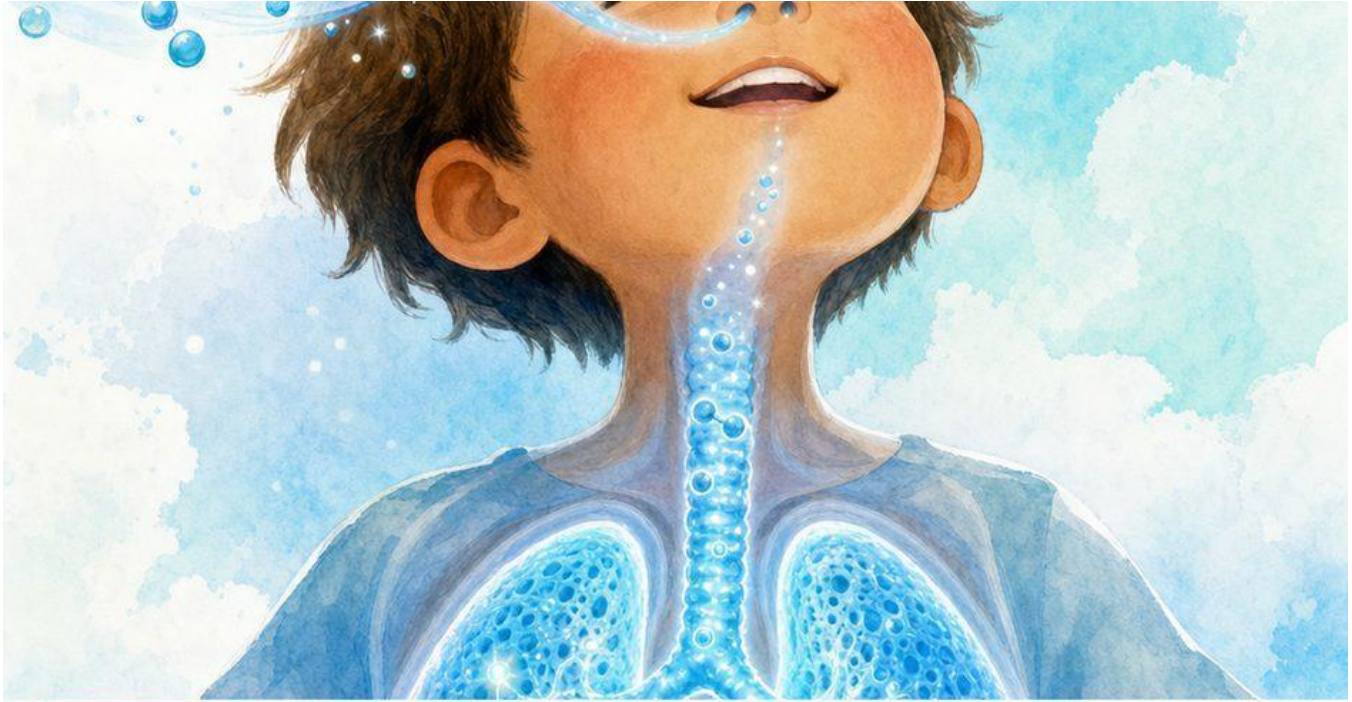
Draw a picture of your heart in the space below.
Color it red — the color of love and life!

My heart beats times in 10 seconds

My heart rate is beats per minute

Did You Know?

Your heart is about the same size as your fist!
Hold up your fist — that's how big your heart is!



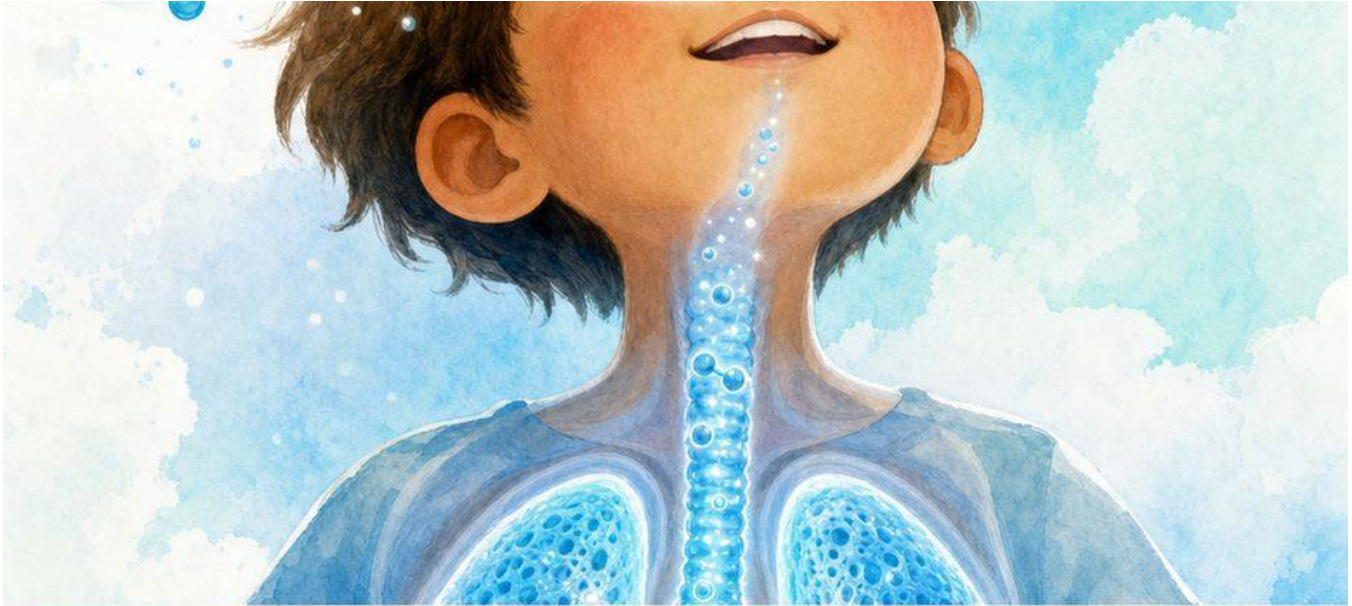
Breathing with Your Lungs

Your lungs are like two spongy balloons inside your chest. Every time you breathe in, they fill with air and take in oxygen. Every time you breathe out, they push out carbon dioxide. You breathe about 20,000 times every day!

Try This! *Take a deep breath in through your nose, hold for 3 seconds, then slowly breathe out.*

Fun Fact:

If you stretched out all the airways in your lungs, they would be about 1,500 miles long!



Breathing Experiment!

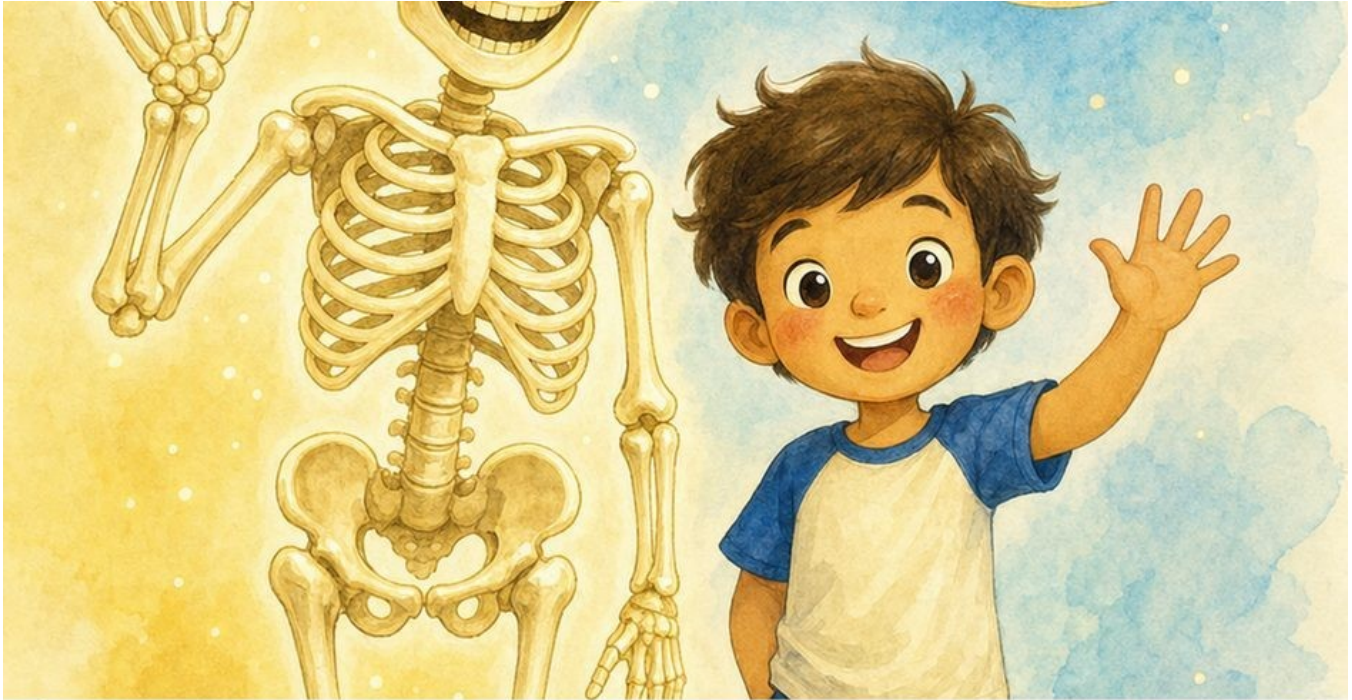
Try this breathing exercise:

1. Breathe in slowly for 4 counts
2. Hold your breath for 4 counts
3. Breathe out slowly for 4 counts
4. Repeat 3 times

How do you feel after?

Lungs Fun:

Blow up a balloon — that's what your lungs do with air!



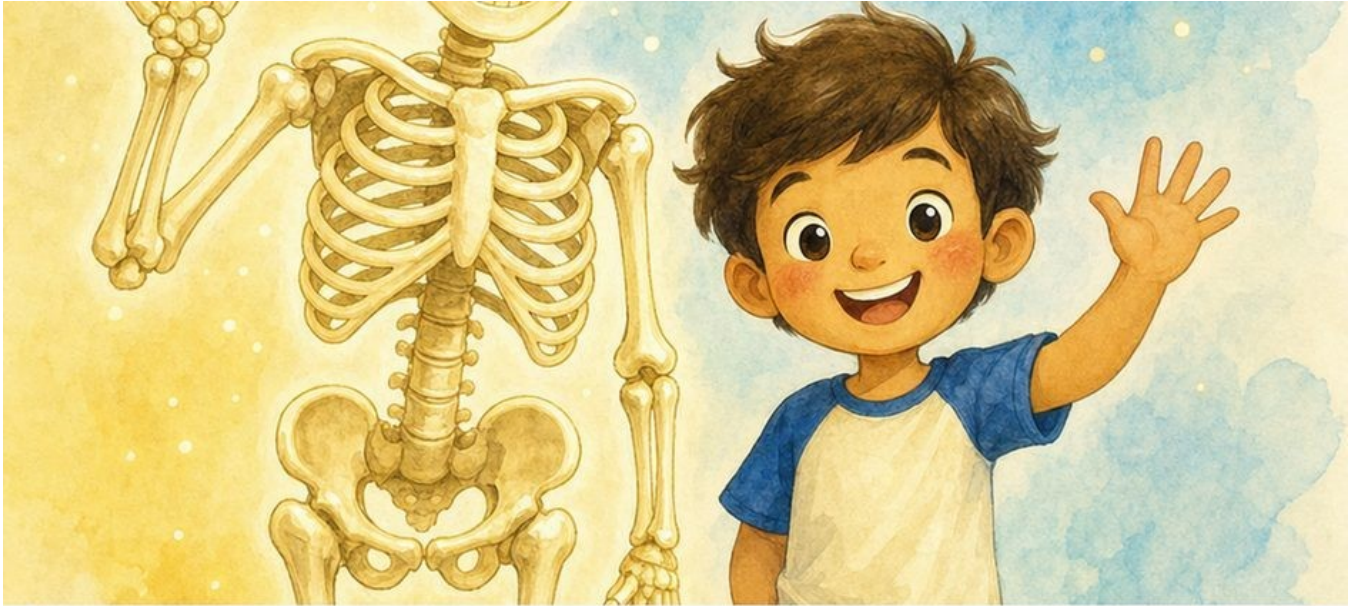
Strong Bones

Your skeleton is made of 206 bones and it holds your whole body up! Bones protect your organs — your skull protects your brain, and your ribs protect your heart and lungs. Bones are alive and growing! They store calcium and make new blood cells inside the bone marrow.

Try This! Gently feel your ribs with your fingers. Those bones are protecting your heart and lungs right now!

Fun Fact:

You were born with about 270 bones. As you grow, some bones fuse together until you have 206!



Bone Explorer!

Can you find these bones on your body?

Touch your skull (head) — protects your brain!

Feel your ribs — protects your heart!

Touch your knee — that's your kneecap!

Wiggle your fingers — 27 bones in each hand!

My favorite bone is:

Bone Food:

Milk, cheese, and broccoli help keep your bones strong!



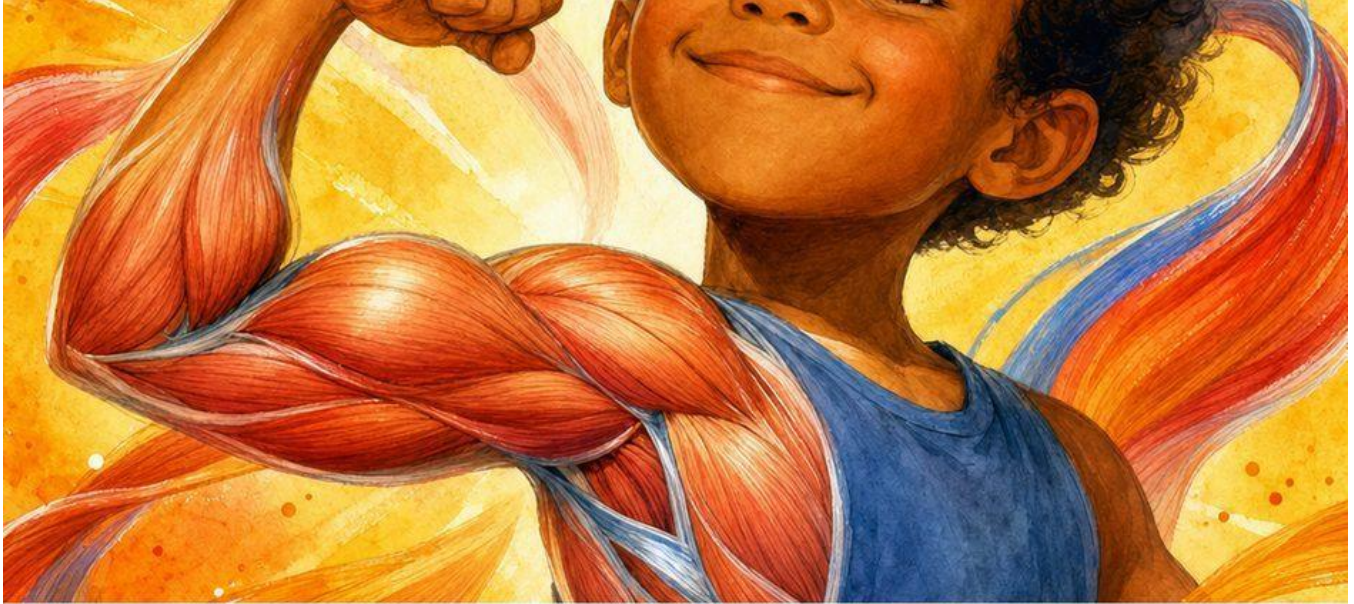
Mighty Muscles

You have over 600 muscles in your body! Muscles help you move, breathe, and even digest food. Some muscles you control on purpose, like the ones in your arms and legs. Others work automatically, like your heart muscle and the muscles in your stomach.

Try This! *Flex your arm and feel your bicep muscle get hard! Now relax it. You just controlled your muscle!*

Fun Fact:

The strongest muscle for its size is the masseter — the muscle in your jaw that you use to chew!



Muscle Workout!

Let's exercise your muscles!

Do 10 jumping jacks

Do 5 push-ups (or try!)

Do 10 squats

Stretch your arms wide

After exercise, how does your body feel?

Muscle Food:

Eat chicken, beans, and eggs to build strong muscles!



Your Brilliant Brain

Your brain is the control center of your entire body! It sends messages through your nerves to every part of you. Your brain helps you think, remember, feel emotions, dream, and control all your body's movements. It uses about 20% of all the energy your body makes!

Try This! *Close your eyes and try to remember 5 things you saw today. Your brain is storing memories right now!*

Fun Fact:

Your brain has about 86 billion neurons. They send messages at speeds up to 268 miles per hour!



Brain Games!

Train your brain with these activities:

Remember 5 things in this room

Count backwards from 20

Name 5 animals that start with 'B'

Draw a picture from memory

How many things could you remember?

My brain score: _____ out of 5

Brain Food:

Eat blueberries, walnuts, and eggs for a smart brain!



Blood: Your Body's Highway

Blood is like a delivery system for your whole body! Red blood cells carry oxygen to every cell. White blood cells fight germs and infections. Platelets help your blood clot when you get a cut. Adults have about 5 liters of blood flowing through miles of blood vessels!

Try This! Look at the inside of your wrist — can you see the blue lines? Those are your blood vessels!

Fun Fact:

Your body makes about 2 million new red blood cells every single second!



Blood Explorer!

Blood is made of 4 parts:

Red blood cells — carry oxygen (red!)

White blood cells — fight germs (white!)

Platelets — help cuts heal (tiny!)

Plasma — carries nutrients (yellow!)

Draw the 4 parts of blood below:

Did You Know?

If you laid all your blood vessels end to end,
they would circle the Earth twice!



Your Immune System Army

Your immune system is your body's personal army! It fights off germs, viruses, and bacteria that try to make you sick. White blood cells are the soldiers — they find and destroy invaders. When you get a vaccine, you're teaching your immune system to recognize and fight specific germs!

Try This! Name 3 things you do to keep your immune system strong — sleeping, eating veggies, washing hands!

Fun Fact:

Your body makes about 100 billion white blood cells every day to keep you protected!



Germ Fighters!

How do you keep your immune system strong?

Check off what you do every day:

Wash my hands before eating

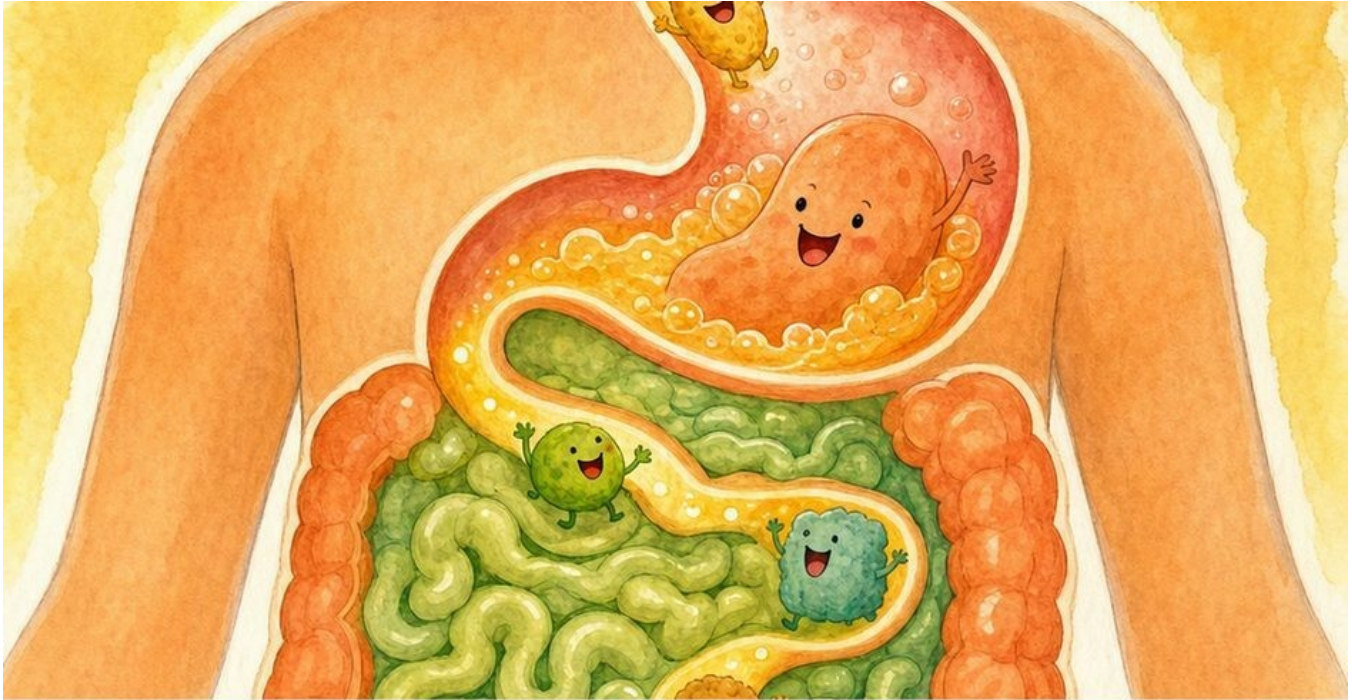
Get enough sleep (9-12 hours!)

Eat fruits and vegetables

Drink plenty of water

Exercise and play outside

I keep my immune system strong by:



The Digestion Journey

When you eat food, it goes on an amazing journey! It starts in your mouth where teeth and saliva break it down. Then it travels down your esophagus to your stomach, where acids break it down further. Your small intestine absorbs the nutrients, and the whole journey takes 24-72 hours!

Try This! Chew a cracker slowly 30 times before swallowing. Notice how it gets mushy — digestion starting!

Fun Fact:

Your small intestine is about 20 feet long — that's longer than most cars! It's folded up inside your belly.



Digestion Map!

Draw the path food takes through your body:

1. Mouth — chewing and saliva
2. Esophagus — tube to stomach
3. Stomach — acids break food down
4. Small intestine — absorbs nutrients
5. Large intestine — absorbs water

My favorite healthy food is:

Digestion Tip:

Chew your food well — it helps your stomach!



Your Five Senses

Your five senses help you explore and understand the world! Your eyes see light and color. Your ears hear sounds and help you balance. Your nose smells thousands of scents. Your tongue tastes sweet, sour, salty, and bitter. Your skin feels touch, temperature, and pain.

Try This! Close your eyes and have someone hold a fruit near your nose. Can you guess what it is by smell?

Fun Fact:

Your nose can smell over 1 trillion different scents. Smell is most closely linked to memory!



Senses Explorer!

Test your 5 senses!

SIGHT: Name 5 things you can see right now

SOUND: Close eyes — name 3 sounds you hear

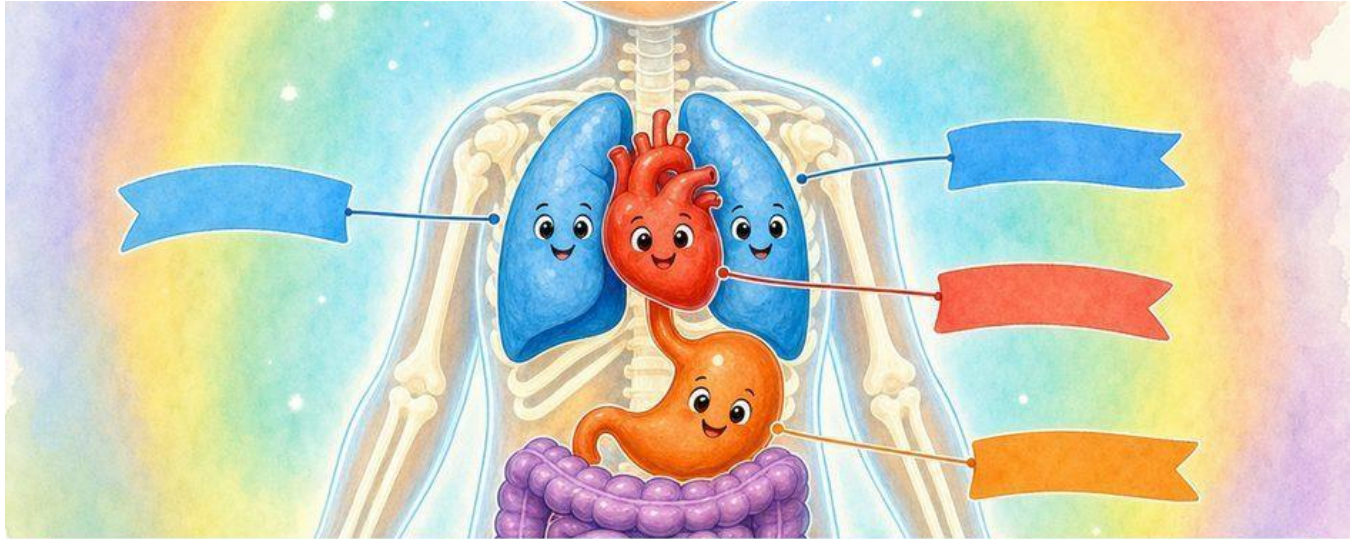
SMELL: What does your favorite food smell like?

TASTE: What is your favorite taste? Sweet? Salty?

TOUCH: Find something soft and something rough

My strongest sense is:

My favorite sense is:



Meet Your Organs!

Your organs are the hardest working parts of your body!

BRAIN — Controls everything you think and feel

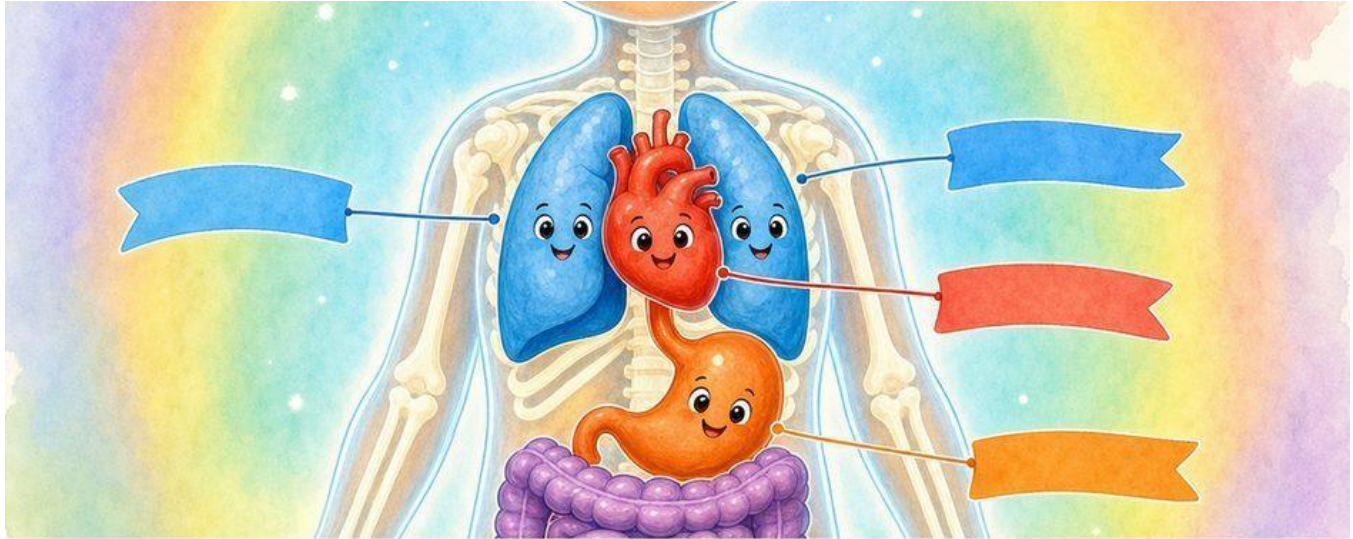
HEART — Pumps blood to every part of your body

LUNGS — Bring oxygen in, push carbon dioxide out

STOMACH — Breaks down food into energy

LIVER — Cleans your blood and stores energy

KIDNEYS — Filter waste from your blood



Draw Your Organs!

Draw a body outline and label your organs!

Use these colors:

Brain = pink or purple

Heart = red

Lungs = blue

Stomach = yellow or orange

Liver = brown

Kidneys = dark red

Which organ do you think works hardest?



Healthy Foods for Your Body!

Different foods help different body parts!

BRAIN FOODS

Blueberries, walnuts, avocado, eggs, salmon

BONE FOODS

Milk, broccoli, cheese, yogurt, leafy greens

MUSCLE FOODS

Chicken, beans, banana, sweet potato, eggs

HEART FOODS

Oats, berries, nuts, olive oil, dark chocolate



My Healthy Plate!

Draw your favorite healthy meal on the plate below!

A healthy plate has:

Half the plate = fruits and vegetables

One quarter = whole grains

One quarter = protein (chicken, beans, eggs)

A glass of water or milk on the side

___ My favorite healthy meal is: _____

___ It helps my: _____



My 30-Day Healthy Habits Chart

Day 1-5 Drink 6 glasses of water every day

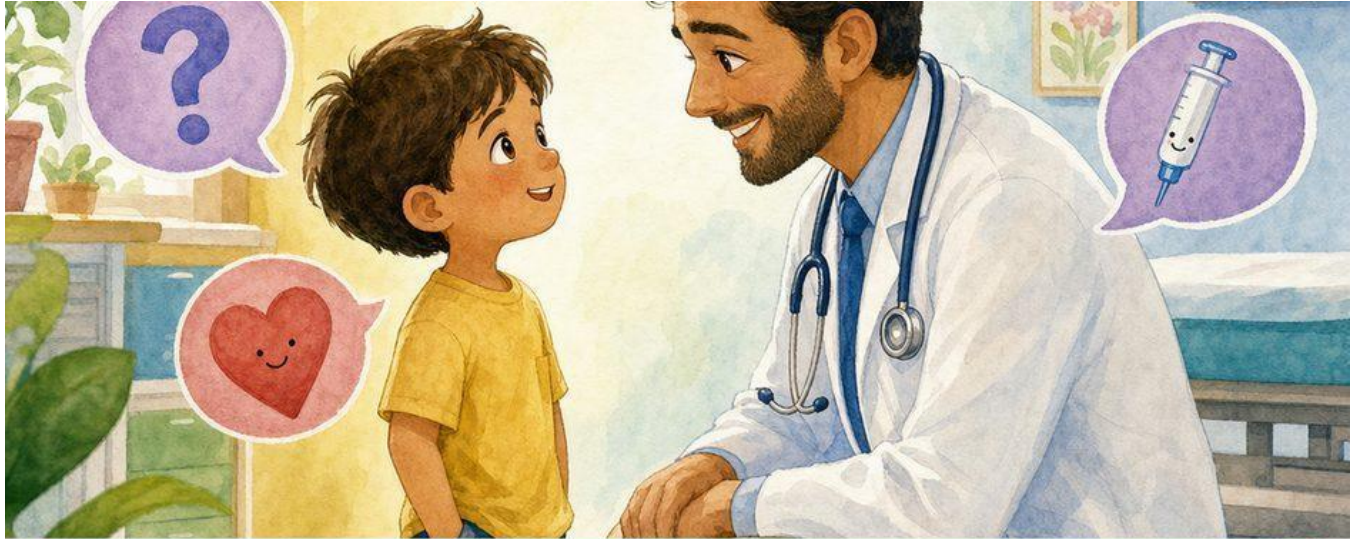
Day 6-10 Eat a fruit or vegetable at every meal

Day 11-15 Get 9-12 hours of sleep every night

Day 16-20 Exercise or play outside for 30 minutes

Day 21-25 Wash hands before every meal

Day 26-30 Do all 5 habits together — you're a champion!



Questions for Your Doctor

It's okay to ask your doctor questions!

Here are some great ones to ask:

Why do I need to eat vegetables?

How much sleep do I really need?

Why do I need vaccines?

How do I know if I'm healthy?

What happens when I get sick?

How can I make my brain stronger?

What foods are best for my body?

How do I take care of my heart?



Body Parts Scavenger Hunt!

Can you find these body parts? Check them off!

Touch your head

Wiggle your fingers

Bend your knees

Feel your ribs

Touch your toes

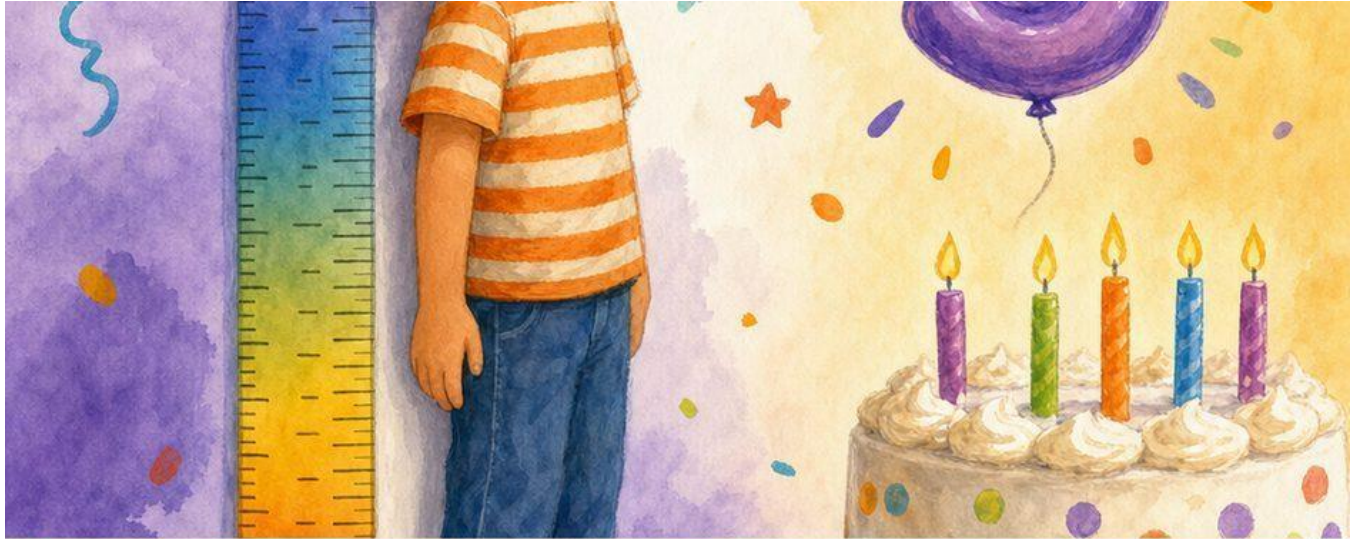
Find your elbows

Pat your shoulders

Touch your nose

Feel your heartbeat

Take a deep breath with your lungs



How Big Is Your Body?

Let's measure! Your body grows every day!

- ___ How tall are you? _____ inches / cm
- ___ How long is your arm? _____ inches
- ___ How big is your hand? (trace it here!)
- ___ When is your birthday? _____
- ___ How old are you? _____ years old

Measure again in 6 months!

See how much you have grown!



My Favorite Body Part!

What's your favorite body part and why?

___ My favorite body part is: _____

___ I love it because: _____

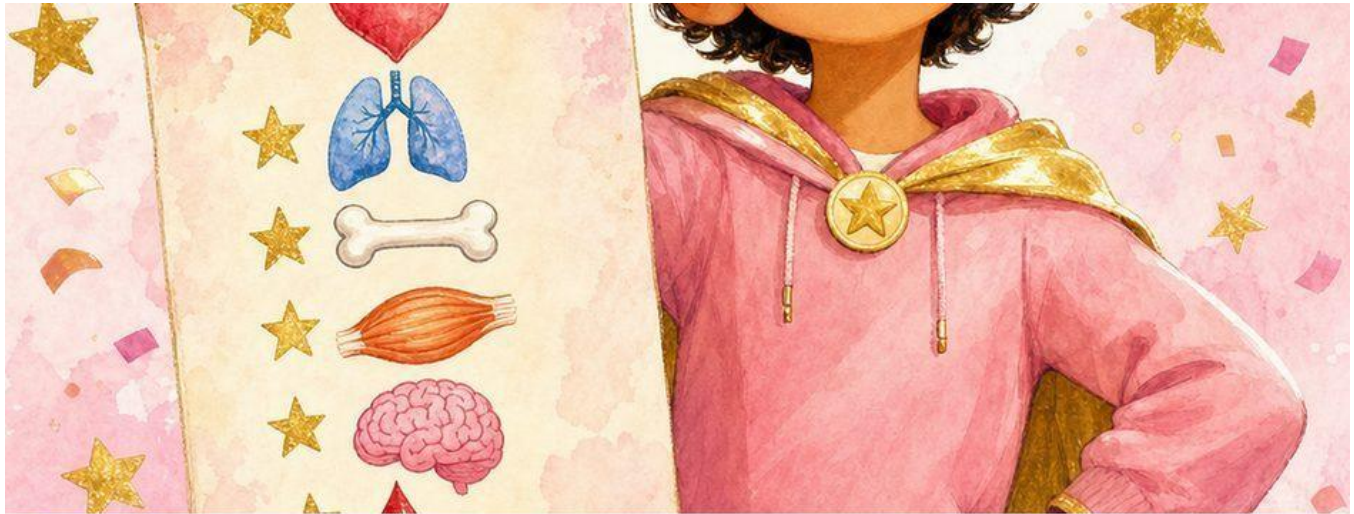
___ It helps me: _____

Draw your favorite body part below:



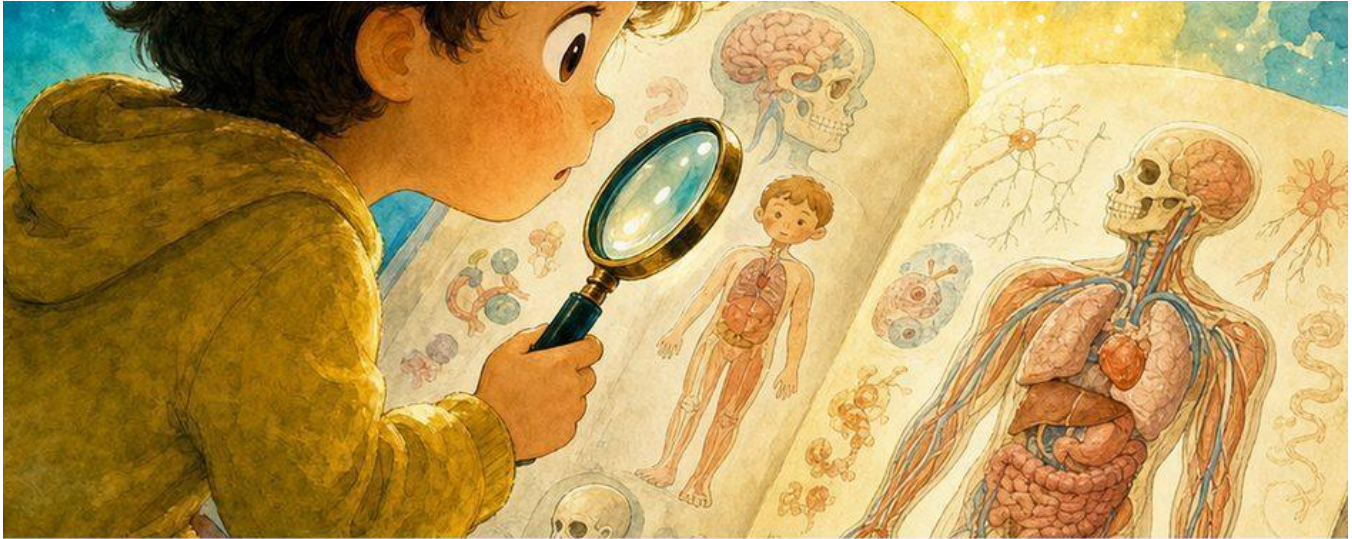
Body Care Checklist

- ☐ I brushed my teeth today
- ☐ I washed my hands
- ☐ I ate healthy food
- ☐ I drank enough water
- ☐ I played and moved my body
- ☐ I got enough sleep
- ☐ I was kind to my body



My Body Learning Journey

- ☐ I learned about my heart
- ☐ I learned about my lungs
- ☐ I learned about my bones
- ☐ I learned about my muscles
- ☐ I learned about my brain
- ☐ I learned about my blood
- ☐ I learned about my immune system
- ☐ I learned about staying healthy



What I Want to Learn More About!

Circle the topics you want to explore more:

How does the heart pump blood?

How do bones grow?

How does the brain store memories?

How do muscles get stronger?

How does food become energy?

How do vaccines work?

How do the senses work?

___My biggest body question is:



My Body Questions for Grown-Ups

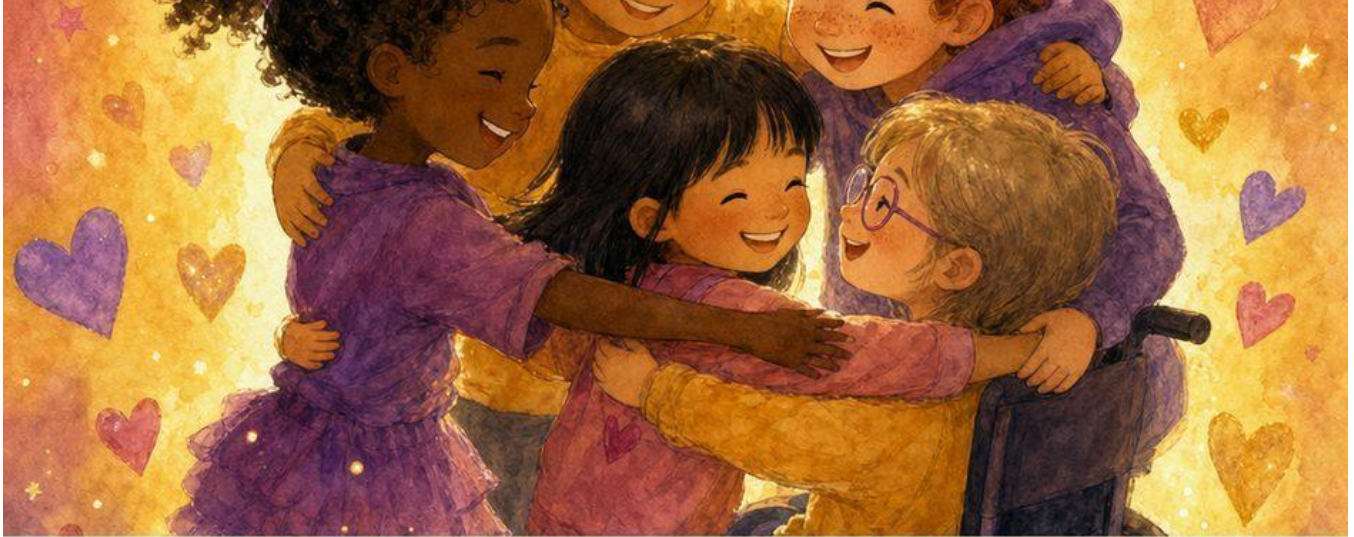
Write your questions here to ask a doctor,
parent, or teacher!

__ Question 1: _____

__ Question 2: _____

__ Question 3: _____

__ Question 4: _____



Draw Your Body!

Draw yourself and label your body parts!

Try to label:

Head / Brain

Heart (in your chest)

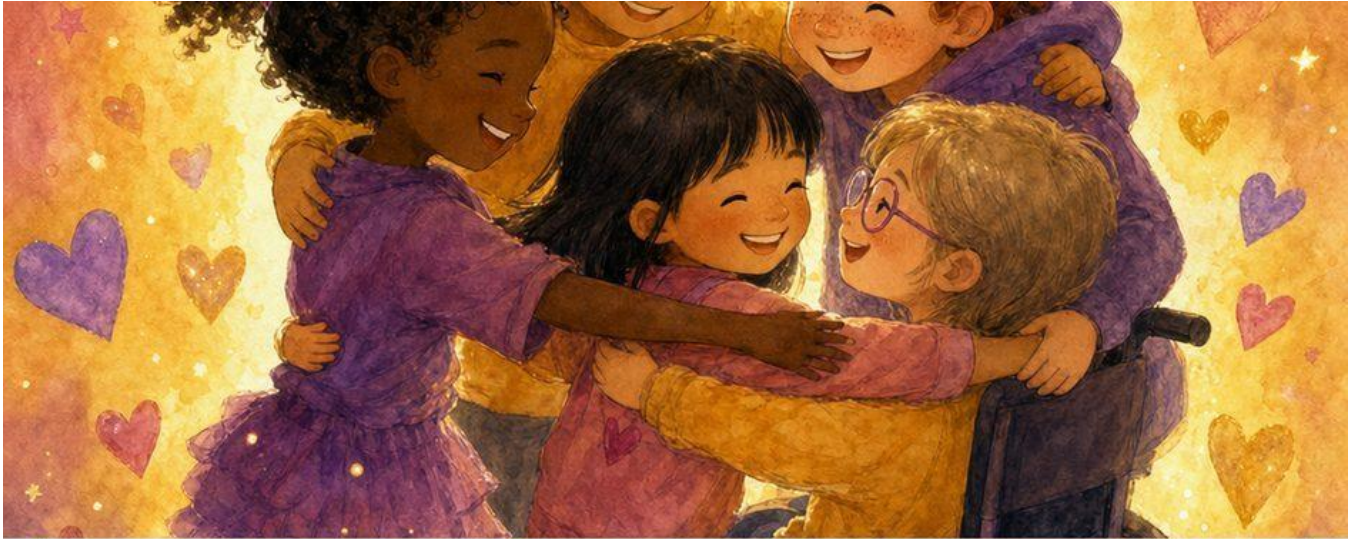
Lungs (two of them!)

Stomach (in your belly)

Arms and legs (muscles!)

Hands and feet (bones!)

Color your drawing with your favorite colors!



My Body Story!

Write a short story about your amazing body!

__ My name is: _____

__ My body is amazing because:

__ The most amazing thing my body

__ can do is: _____

__ I take care of my body by:

My Healthy Week Planner

Plan your healthy week!

Day	Breakfast	Lunch	Dinner	Snack

[illegible]

My Water Tracker

Color a drop for each glass of water!

Day	Glass 1	Glass 2	Glass 3	Glass 4	Glass 5	Glass 6	Glass 7

My Exercise Log

Log your exercise and movement!

Day	What I did	How long	How I felt

My Healthy Meals Log

Track what you eat for a week!

Day	Breakfast	Lunch	Dinner	Snacks

[illegible]



A Note to Parents & Caregivers

This book is designed for educational purposes to help children learn about their bodies in a fun, age-appropriate way. It is not intended as medical advice. Always consult with a qualified healthcare professional for medical concerns or questions about your child's health and development.

How to Use This Book:

Read together and pause to try the activities. Encourage questions — curiosity is the foundation of lifelong learning!

About the Author:

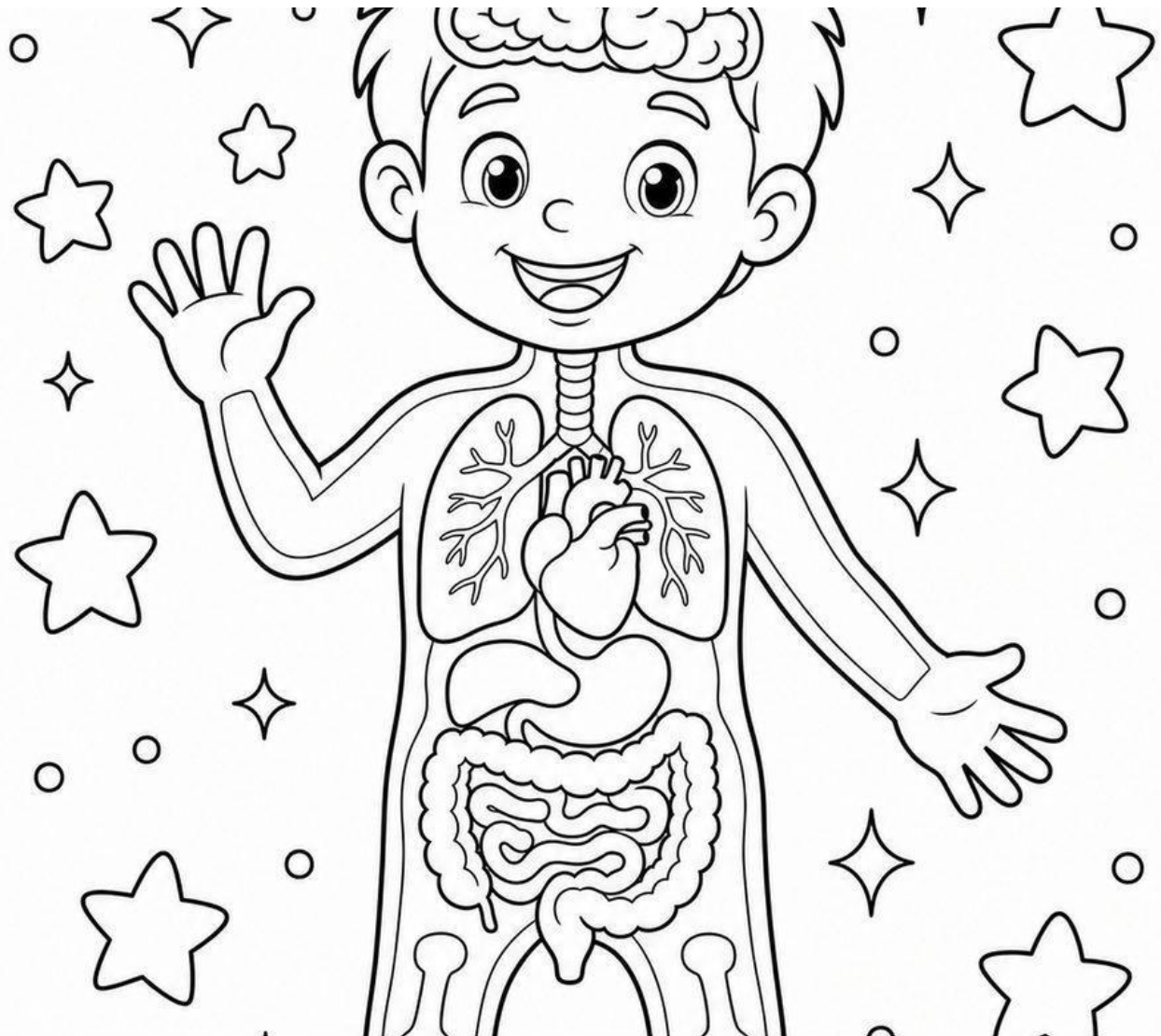
Sonya M. is a Clinical Laboratory Scientist and Health Educator with a background in Pediatrics & Child Health, dedicated to making health education accessible and joyful for children and families.



Color the Amazing Heart!
Use red, blue, and purple!



Color the Amazing Brain!
Use pink, yellow, and blue!



Color the Amazing Body!
Color each organ a different color!

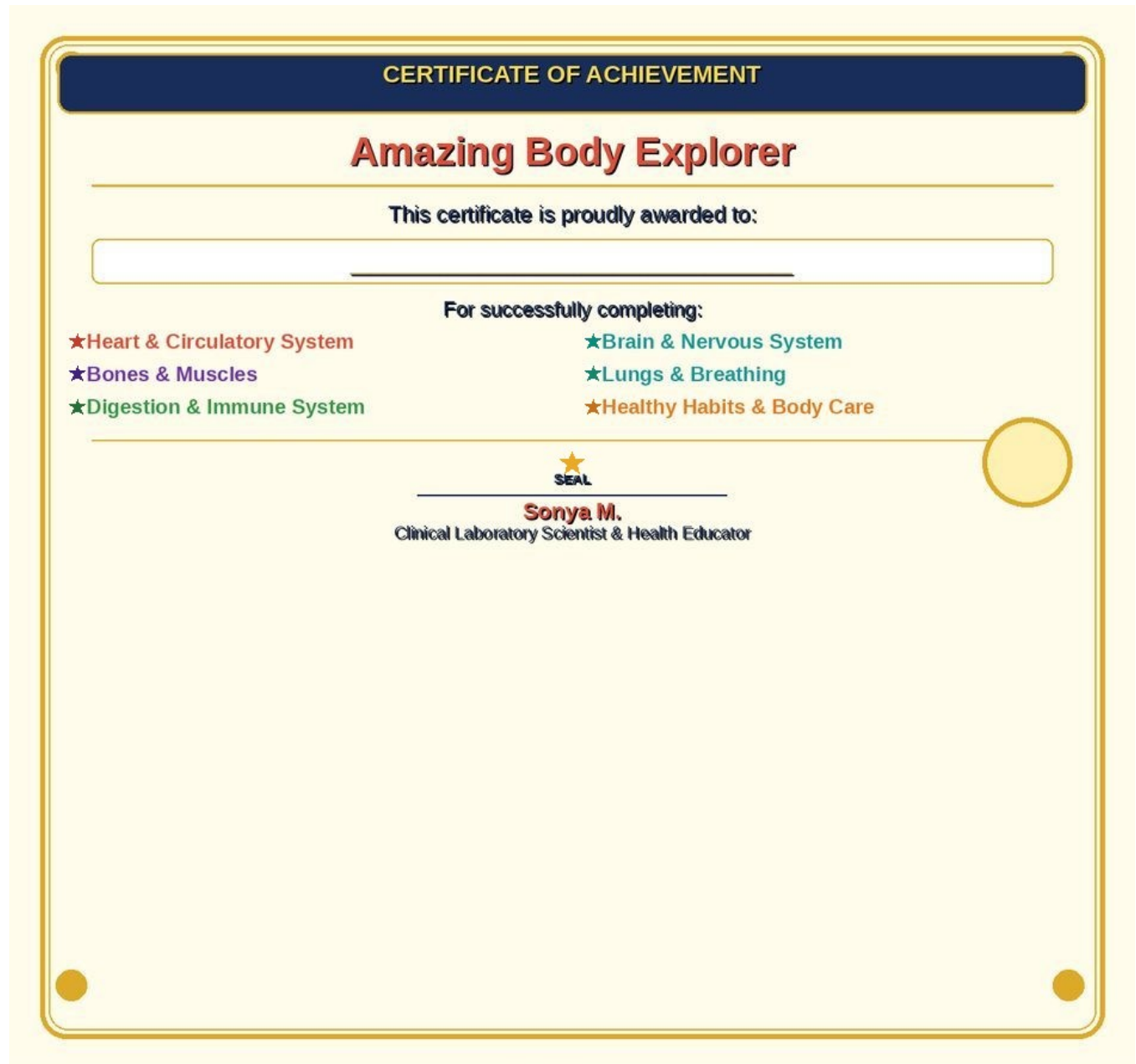
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by Sonya M. | Clinical Laboratory Scientist & Health Educator

★My Learning Stars!★
Place a sticker or draw a star when you learn each topic!

☐ Your Amazing Heart	☐ Your Lungs
☐ Your Bones	☐ Your Muscles
☐ Your Brain	☐ Your Blood
☐ Immune System	☐ Digestion
☐ Your 5 Senses	☐ Healthy Foods
☐ Healthy Habits	☐ Questions for Doctor

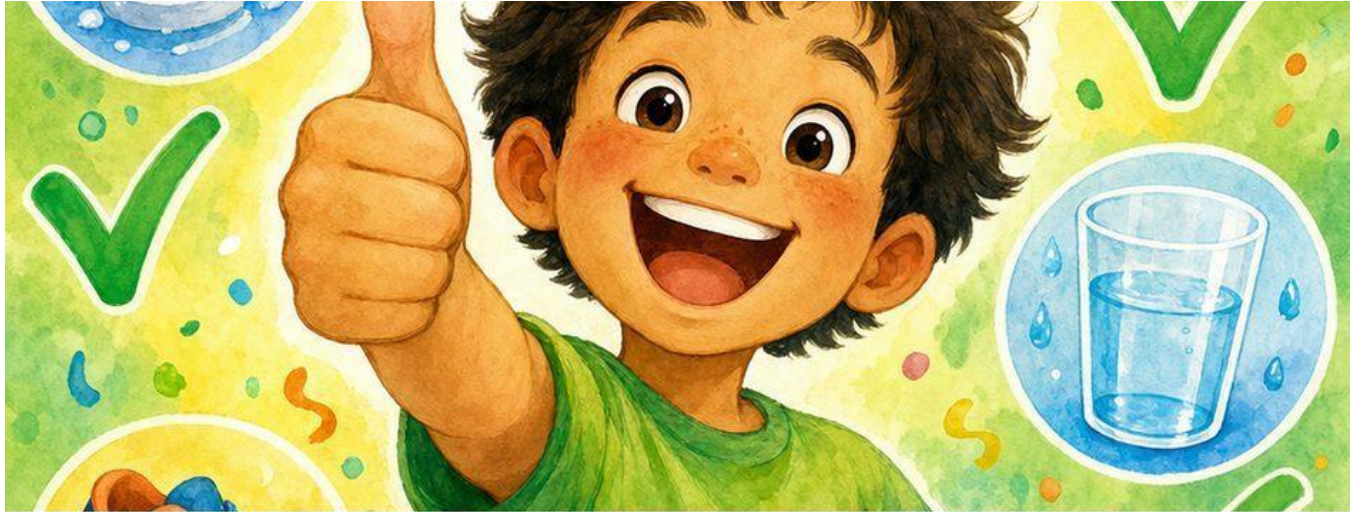
★You are an Amazing Body Explorer!★



My Notes & Drawings

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by Sonya M. | Clinical Laboratory Scientist & Health Educator



I Take Care of My Amazing Body!

- ☐ I brushed my teeth today
- ☐ I washed my hands
- ☐ I ate healthy food
- ☐ I drank enough water
- ☐ I played and moved my body
- ☐ I got enough sleep
- ☐ I was kind to my body