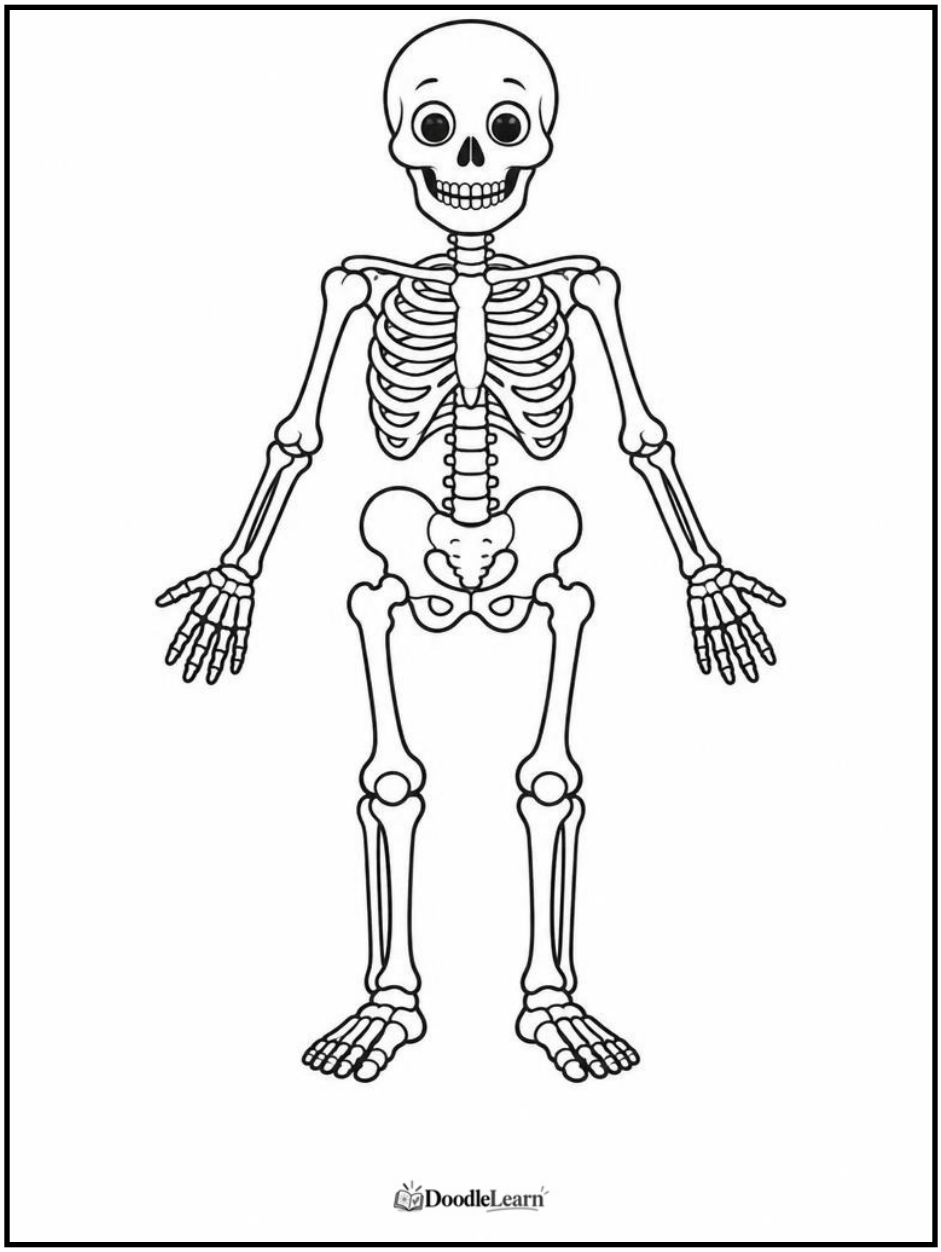
The Human Body

Learning Pack · Color It. Learn It. Explore It.

Ages 6–10 · Grades 1–4 (approximate) · Life Science · 30–75 minutes

Name: _____



Inside: facts · vocabulary · label the organs · matching · quiz · answer key · notes

What you will learn

Learning objectives

- ☐ Name six important parts of the human body.
- ☐ Explain the main job of the brain, heart, lungs and bones.
- ☐ Label six body parts on a simple body picture.
- ☐ Match body parts to the jobs they do.
- ☐ Name healthy habits that help your body, like sleep and exercise.

Five human body facts

Fact 1: Lots of bones

A grown-up's skeleton has 206 bones. Bones give your body its shape and help you move.

Fact 2: Bones protect you

Your skull protects your brain, and your ribs protect your heart and lungs.

Fact 3: Blood factories

Soft bone marrow inside many bones makes new blood cells.

Fact 4: The boss of your body

Your brain sends and receives messages through your spinal cord and nerves. It even keeps your heart beating.

Fact 5: A strong pump

Your heart pumps blood all around your body, carrying oxygen to every cell. A grown-up's heart usually beats about 60 to 100 times a minute.

Sources (checked October 2026)

Fact 1: Nemours KidsHealth, kidshealth.org/en/kids/bones.html
Facts 2 and 3: NIH (NIAMS), niams.nih.gov/health-topics/educational-resources/health-lesson-learning-about-bones
Fact 4: Nemours KidsHealth, kidshealth.org/en/parents/brain-nervous-system.html
Fact 5: Nemours KidsHealth, kidshealth.org/en/parents/circulatory-system.html

Human body vocabulary

Organ	A body part that does a special job, like the heart or lungs.
Brain	The organ in your head that thinks, remembers and controls your body.
Heart	The muscle that pumps blood around your body.
Lungs	Two organs in your chest that breathe air in and out.
Stomach	A stretchy, muscly bag that squeezes and mixes your food with digestive juices to break it down.
Liver	A large organ that makes bile to help digest fat and cleans your blood.
Intestines	Long tubes that take the good parts out of food.
Skeleton	All the bones in your body working together.
Muscle	Body tissue that pulls on bones so you can move.
Oxygen	A gas in the air that every part of your body needs.

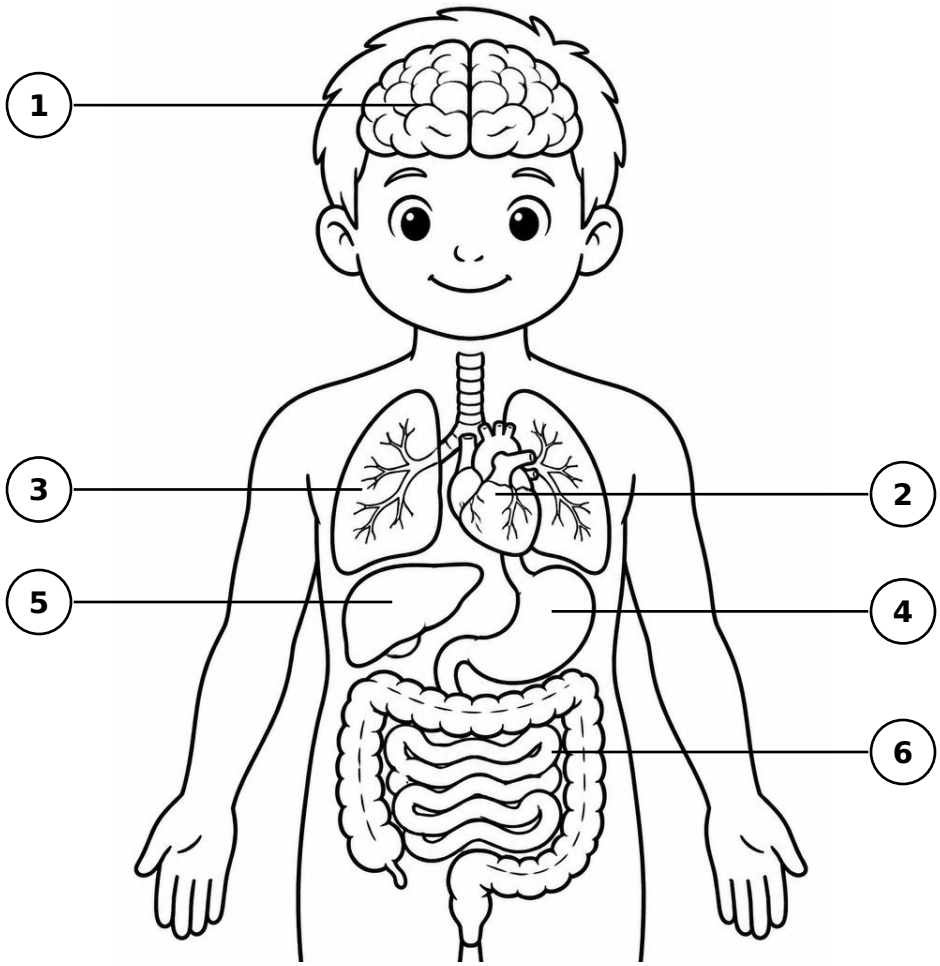
Your turn: write a sentence using two of the words above.

Label the body

Name: _____ Date: _____

Read the word bank. Write each word on the line with the matching number.

brain · heart · lungs
stomach · liver · intestines



1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

Match the body part to its job

Name: _____ Date: _____

Draw a line from each body part to the job it does.

Brain	○	○ Pumps blood around the body
Heart	○	○ Breathes air in and out
Lungs	○	○ Thinks and sends messages
Bones	○	○ Pulls on bones so you can move
Muscles	○	○ Hold you up and protect your organs

Draw yourself doing something that keeps your body healthy:

Human body quiz

Name: _____ Date: _____

1. How many bones does a grown-up's skeleton have?

- ◯ a) 26
- ◯ b) 206
- ◯ c) 2,006

2. Which bones protect your heart and lungs?

- ◯ a) Ribs
- ◯ b) Toes
- ◯ c) Fingers

3. What does your heart pump around your body?

- ◯ a) Air
- ◯ b) Food
- ◯ c) Blood

4. Which organ is the boss of your body?

- ◯ a) Brain
- ◯ b) Stomach
- ◯ c) Skin

5. Where are new blood cells made?

- ◯ a) In your hair
- ◯ b) In bone marrow
- ◯ c) In your teeth

Bonus: Why does your heart beat faster when you run?

Answer key

Label the body

1. brain
2. heart
3. lungs
4. stomach
5. liver
6. intestines

Match the body part to its job

Brain	→	Thinks and sends messages
Heart	→	Pumps blood around the body
Lungs	→	Breathes air in and out
Bones	→	Hold you up and protect your organs
Muscles	→	Pulls on bones so you can move

Human body quiz

1. b) 206
2. a) Ribs
3. c) Blood
4. a) Brain
5. b) In bone marrow

Bonus (sample answer): Your muscles work harder and need more oxygen, so your heart pumps faster to send more blood to them.

Teacher and parent notes

Who it is for

Ages 6–10 (about grades 1–4). Younger children can do the coloring and vocabulary pages with help reading.

Time

30–75 minutes, depending on the activities selected. Use one or two pages for a short 30-minute lesson, or the full pack across two lessons.

Materials

Pencils, crayons or colored pencils. Print single-sided at 100% scale.

Suggested order

1) Read the facts aloud (10 min). 2) Vocabulary page (10–15 min). 3) Label the body (10 min). 4) Matching and drawing (15 min). 5) Quiz (10 min). 6) Color a sheet from the free Human Body collection (10+ min).

Quick demo

Have children find their pulse on the wrist or neck and count beats for 15 seconds. Then jump for 30 seconds and count again. What changed?

A simple picture

The organ picture is simplified: organ sizes and places are approximate. Organs are shown as if you could see through the skin.

Discussion questions

Which body part do you think works the hardest? What helps your bones grow strong? Why do we need sleep?

Sensitivity

Children's bodies differ. Keep the focus on what body parts do, and be ready to adapt the pulse activity for any child.

Matching coloring pages

doodlelearn.com/coloring-pages/human-body/human-body-basics