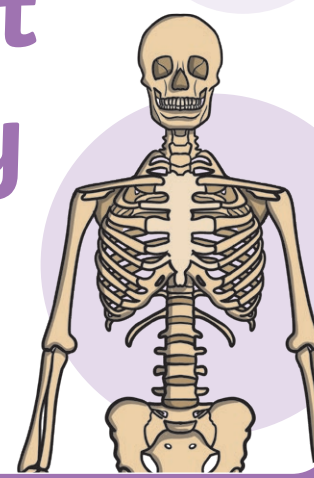


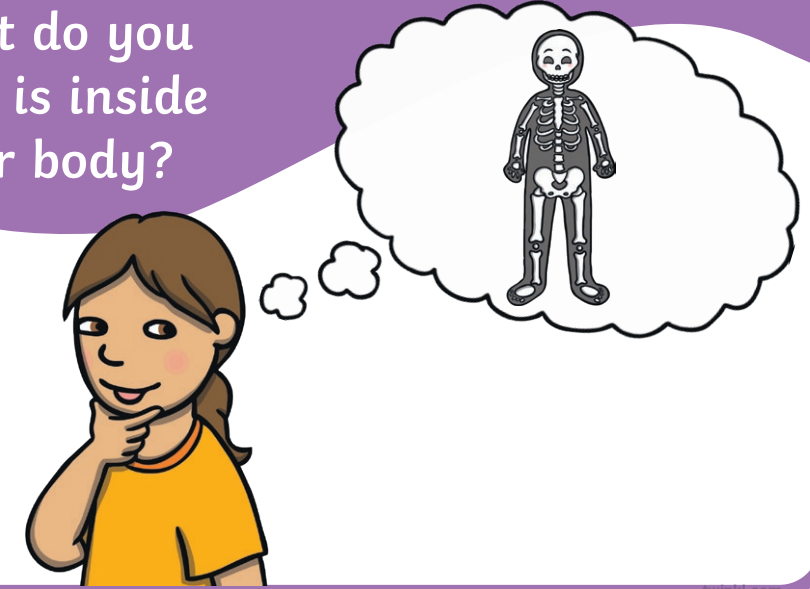


# All About the Body Talk Cards



All About the Body Talk Cards

What do you think is inside your body?





All About the Body Talk Cards

I wonder how we could keep our skin safe in the sun.

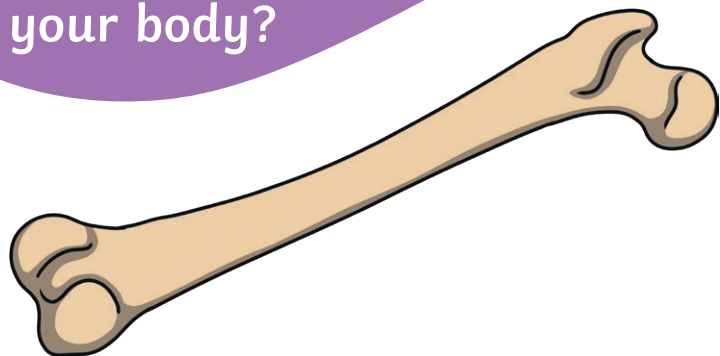


All About the Body Talk Cards

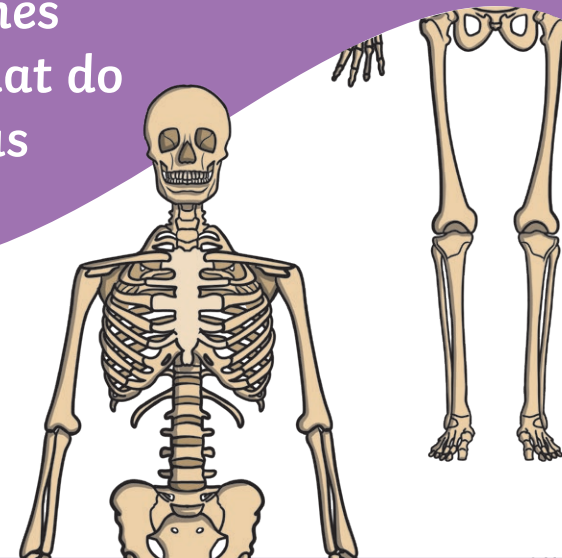
Have you ever cut or grazed your skin? What happened?



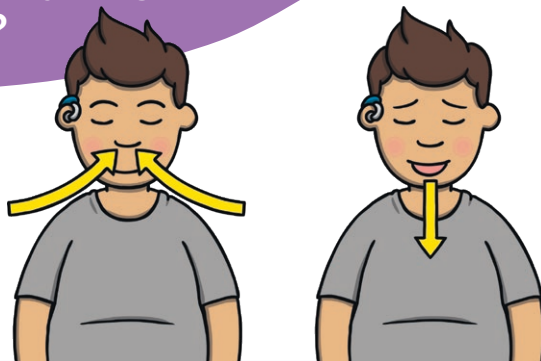
Where do you think the bones are in your body?



Why are bones important? What do they help us to do?



Take a deep breath in and then out. What parts of our body do we use when we breathe? What might happen to your breathing after you have run around?



What do you think will happen to your heart beat when you rest, sleep and exercise?



Why do you think it is important to drink and eat?



Why do you think people get tummy ache sometimes after eating food? What might help it to get better?



Tell me about what you think happens to your food once you have swallowed it.



Can you think of three things to help your body to grow strong and healthy?



All About the Body Talk Cards

How do you  
look after your  
amazing body?



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