



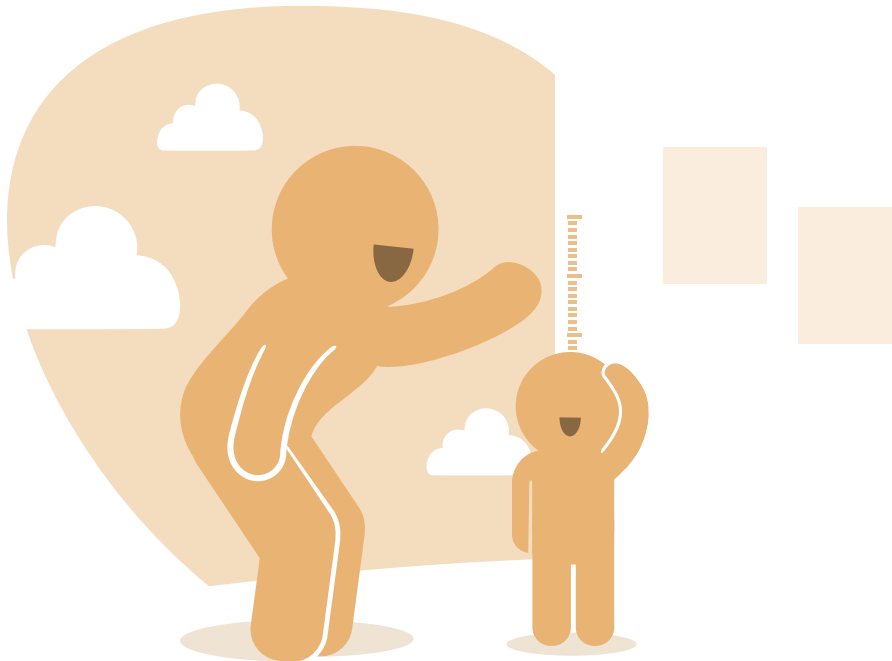
SCIENCE: LEARNING AT HOME

SCIENCE OF THE BODY

- Get your child to draw an outline of their hand and your hand. Cut them out and talk about the different sizes and shapes, and see who has the longest and widest fingers. Do the same with your feet. Collect and compare the hands and feet of other family members and arrange them from biggest to smallest.
- Get your child to look closely at their face in the mirror. Ask them to describe their face in as much detail as possible. Encourage them to look closely at the detail of their eyes, eyelashes, eyebrows, nose and mouth. Ask them to compare their face with yours and other members of the family.

Place a growth chart on the wall and measure your child's height every birthday (or more often). Talk with your child about how much they have grown and how much taller or shorter they are compared to other family members.

- Ask your child to find their pulse and count the number of beats. Get them to run outside for 30 seconds and ask them to count the number of beats again. Then get them to lie down quietly for a few minutes and count the number of beats again. Ask questions such as: *How has your pulse changed?* and *Why do you think there are more or less beats?*



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