



Minds in Motion

Lifesize Human Poster

Activity Rundown:

Did you know that humans shed 40 pounds of skin through their lifetime, completely replacing their outer skin every month? If you didn't already know that, then I bet we have a few more fun facts about the body that you may not know! If you're curious in finding out about human anatomy continue on with the rest of this activity.

(Content warning: Human anatomy of both sexes will be discussed in this activity. With this in mind, please ensure that the students are of appropriate age and understanding. Should they feel uncomfortable at any point, we have many other activities available via: <https://active-living.ucalgary.ca/minds-activities>)

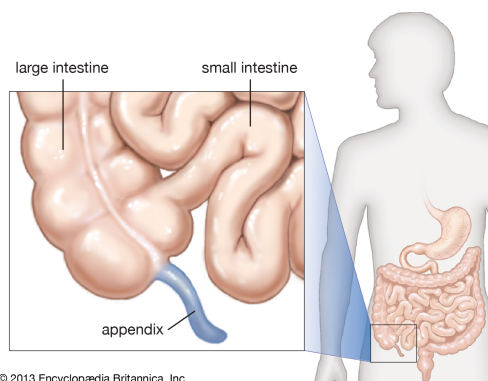
You will need:

- + Poster paper, or printer paper taped together
- + Pencils
- + markers/crayons
- + Glue
- + Scissors

Let's do it!

Let's start with some more fun facts that you may not have known previously to start this activity.

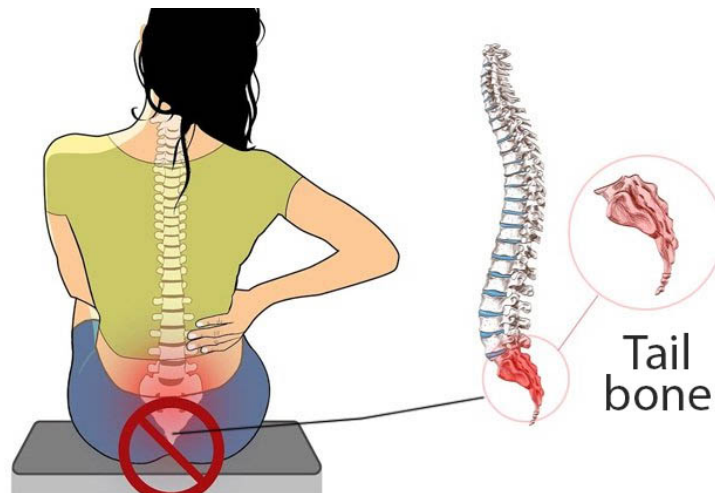
The Appendix: This small pouch is attached to your large intestine, at the junction of the small intestine, and no longer aids in digestion! One in every 20 people have to have it removed in their lifetime, but they don't seem to miss it! In plant-eating vertebrates, it remains part of the digestive system.



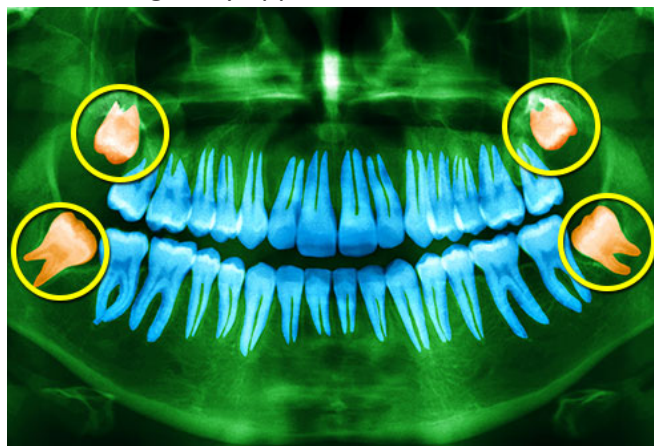


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The Tailbone: We don't have tails, but if you go back far enough in the family tree, your ancestors did! Other mammals find their tails useful for balance, but when humans learned to walk the tail became useless and evolution converted it to just some fused vertebrae we call a coccyx.



Wisdom Teeth: Little more than a pain for many people, wisdom teeth probably once served a function. But the human jaw has become smaller over time and the wisdom teeth just have nowhere to grow. It's also possible that dental hygiene is partly to blame. Before tooth brushing, a young adult would have lost many or most of their teeth, and the incoming wisdom teeth would have been greatly appreciated!





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Now that we have gone over some fun facts about our body we can get into the activity:

- 1) Take a look at our human body anatomy layout down below in the “background” section.
- 2) You will need to do this activity with a partner! So, make sure to ask someone in your household if they would be willing to help you with this.
- 3) Next you will need a sheet of kraft paper about 6 inches longer than your own height. If you don’t have kraft paper, taping together sheets of printer paper will work just fine!
- 4) One partner will lie down on the sheet of paper. This person should have their arms at least a few inches from your sides so there is space between the arms and the body.
- 5) You must stay very still during this portion!**
- 6) Your partner will trace the outline of the body with a dark crayon or marker.
- 7) Then you can switch places and trace the other person's body on their piece of paper if they want to join.
- 8) Once this is completed you may cut out your traced body. Be sure to write your name on the back so you know who is who!
- 9) As you begin to study each part of the body, create a paper model of the part and attach it in its correct position to the silhouette. As your study progresses, the silhouettes become life-size models! You can also draw in the parts of the body on your silhouette instead of attaching paper models.
- 10) You have completed your life-sized model of human anatomy! As you get older, you can use this model to see how tall you’ve grown.

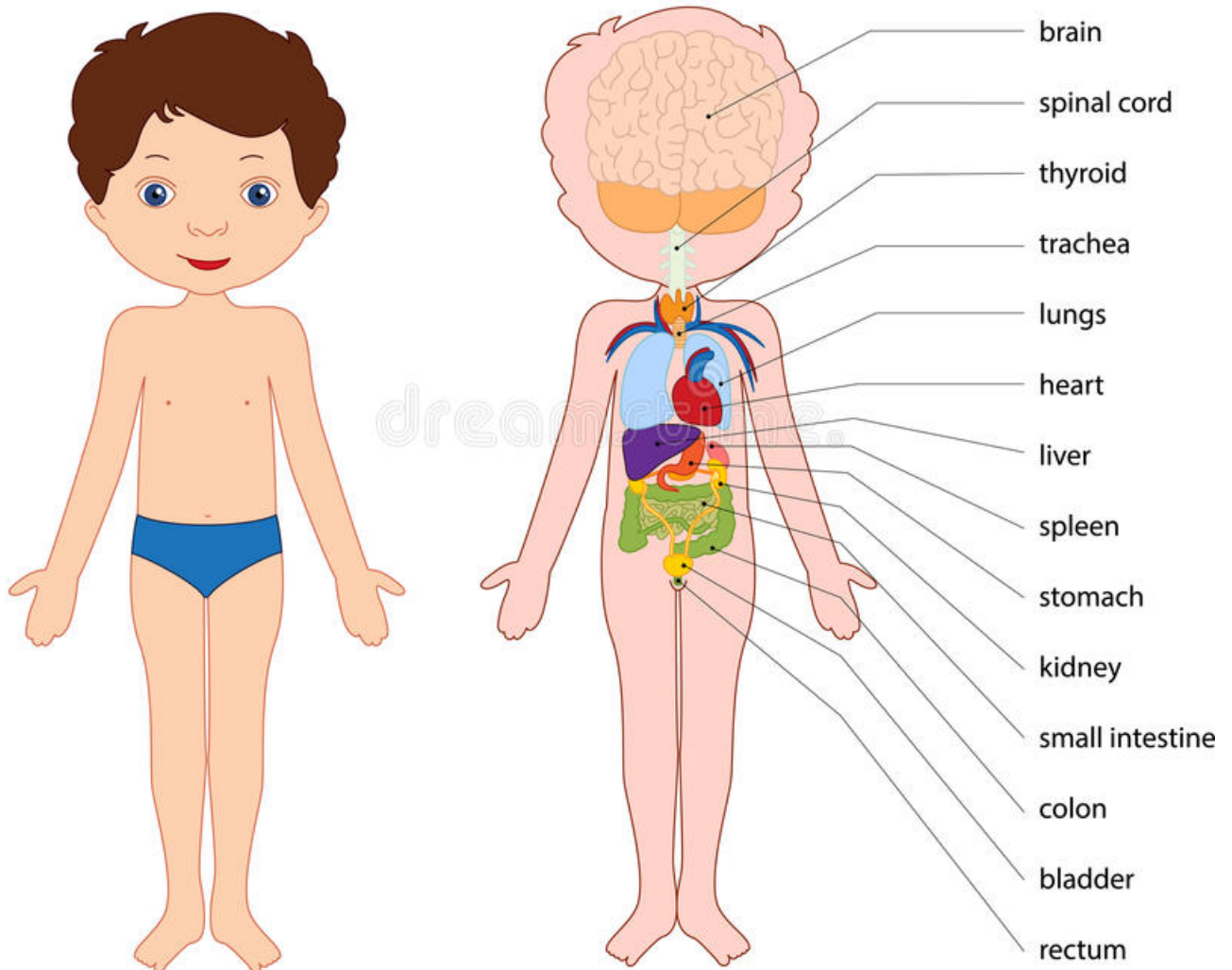


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Background:

(Everything that has been **bolded** in the table below you should be able to draw and label! Good luck!)

Human Anatomy





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Skeletal System	Bones, Associated cartilages, Joints	Strength, Support, Shape, Protection, Leverage, Cell Production
Muscular System	Muscles (Skeletal Muscles, Smooth muscles, Cardiac Muscles)	Motor power for movements of body parts.
Nervous System	Brain, Spinal Cord , Nerves, Nerve Endings	Control and Coordination of all body functions (Nervous coordination)
Respiratory System	Lungs , Nose, Trachea , Bronchi, Bronchioles, Alveolar sacs, Alveoli	Gaseous exchange
Cardiovascular System	Heart , Blood vessels (Arteries, Veins and Capillaries), Blood	Flow of blood (and nutrients) throughout body
Lymphatic System	Lymph vessels, Central lymphoid tissue, Peripheral Lymphoid Organs, Lymphocytes, Spleen	Drainage and Protection
Endocrine System	Endocrine glands (Pituitary gland, Thyroid gland, Parathyroid glands, Adrenal glands, Pancreas (endocrine part), Testes (endocrine part), Ovary (endocrine part), Liver (endocrine part)	Regulation of body functions (Chemical coordination)
Digestive System	Oral Cavity, Esophagus, Stomach , Small Intestine , Large Intestine (Colon) , Rectum , Liver , Pancreas, Salivary glands, Teeth, Tongue	Digestion and absorption of food
Urinary System	Kidneys , Ureters, Bladder , Urethra	Regulation of body's internal environment, and production and excretion of urine



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References:

- 1) http://www.educationworld.com/a_lesson/00-2/lp2190.shtml
- 2) <http://www.mananatomy.com/body-systems>
- 3) <http://www.jouefct.com/wp-content/uploads/2015/12/anatomy-of-human-body-organs-diagram-male-body-organ-anatomy-human-anatomy-organs-full-body-anatomy-picture.jpg>
- 4) <http://www.livescience.com/21513-vestigial-organs.html>
- 5) <https://www.britannica.com/list/7-vestigial-features-of-the-human-body>

Reach out!

We would love to hear from you about all the amazing STEM projects you are doing at home! Show us your finished products on any of the following social media platforms by tagging us or by using the following hashtags. We hope these projects have brought some excitement to your day during these difficult times.

Let us know how we did! Please [click here](#) to fill out a short survey on how well we did and what you would like to see more of in the future. Thank you!

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