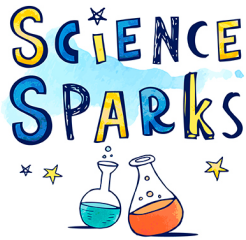
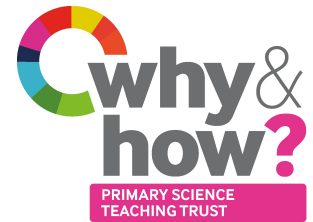


SCIENCE FUN AT HOME



Have some fun at home with these science activities from **Science Sparks** and the **Primary Science Teaching Trust**



BEFORE YOU START! Please read through this with an adult:

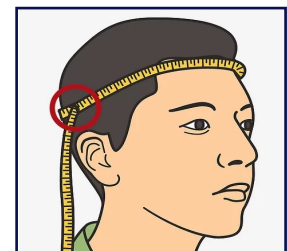
- * Make sure you have read the 'IMPORTANT NOTICE' on the back of this page.
- * If you have a space outside that you can use safely, then you can do the 'Try this outdoors' activity outside. Don't worry if not as you could still do it indoors.
- * Talk to your adult about sharing the science you have done and if they want to share on social media, please tag **@ScienceSparks** and **@pstt_whyhow** and use **#ScienceFromHome**

BODY SCIENCE

1 TRY THIS INDOORS True or False?

Use a tape measure (or string and a ruler) to find out if these statements are body facts or body fictions:

1. The circumference of your head (picture 1) is 3 times the length of your foot.
2. Your arm span (picture 2) is the same as your height.
3. Your height is 10 times the length of your hand (from your longest finger to your wrist).
4. Your height is 5 times the length of your thigh.



1. head circumference



2. arm span

WHAT DO YOU NOTICE?

Things to talk about ...

Can you find any body facts of your own? Are the body facts the same for adults and children? Who has the widest arm span in your family? Who has the widest hand span? Is the oldest person in your family the tallest?

2 TRY THIS OUTDOORS

If you have a hard surface outside that is okay for you to draw on with chalk then find a space where you can lie down. If not, use a big piece of paper or stick lots of smaller pieces of paper together. Ask someone to draw round you. Then inside your body outline, draw what you think is inside your body. See if you can include: heart, lungs, stomach, small and large intestine, kidneys, liver, bones and brain. Have a look at the pictures on this [build a body](#) page to see if you have put things in the right place!

WHAT DO YOU NOTICE?

Things to talk about ...

How many bones do you think you have in your legs and your arms? How do your stomach and intestines connect to your mouth?



3 WHAT IS THE SCIENCE?

Everybody is different and you will find variation between individuals and notice differences between adults and children, but generally: arm span is roughly the same as height, which is also about 10 times the length of the hand. Thigh length is roughly 4 times height, and foot length is roughly half of head circumference.

Our bodies are organised into systems. The circulatory system includes our heart and blood vessels. The lungs are part of our respiratory system. The digestive system includes the intestines and the stomach which is connected to the mouth via the oesophagus. The skeletal system includes bones, muscles and tendons.

4 MORE ACTIVITIES YOU COULD TRY

LEARN ABOUT YOUR SKELETON <https://wowscience.co.uk/resource/essential-skeleton-4/>

MAKE A MODEL LUNG! <https://www.science-sparks.com/breathing-making-a-fake-lung/>

LEARN HOW YOUR BODY REPAIRS ITSELF <https://wowscience.co.uk/resource/why-do-cuts-heal/>

Join in with **THE GREAT SCIENCE SHARE** - [register](#) for this year's event and take a look at these [question maker](#) tools to **SHARE YOUR SCIENTIFIC QUESTIONS!**

IMPORTANT NOTICE: Science Sparks and The Primary Science Teaching Trust are not liable for the actions or activity of any person who uses the information in this resource or in any of the suggested further resources. Science Sparks and The Primary Science Teaching Trust assume no liability with regard to injuries or damage to property that may occur as a result of using the information and carrying out the practical activities contained in this resource or in any of the suggested further resources.

These activities are designed to be carried out by children working with a parent, guardian or other appropriate adult. The adult involved is fully responsible for ensuring that the activities are carried out safely.