PNC Grow Up Great®

Dear Family,

In my class today, we used mirrors to learn about our body parts.

Did You Know?

- Every part of our bodies has a job to do. The brain tells the many parts how to work together. The bones give structure to the body. The muscles give strength to the body. They work together to allow movement. The heart takes nutrients to other body parts. The lungs help with breathing. The skin protects the body. It also keeps the body parts together. The eyes allow sight. Smell comes from the nose. The mouth helps with taste. The ears help with hearing.

- Our bodies have some parts that are the same and some parts that are different. Most people have two eyes, a nose, a mouth, two ears, and a chin. Most people have a neck, shoulders, chest, tummy, back, arms, hands, fingers, legs, feet, and toes. We all have hair on our heads, but our hair does not look the same. Our eyes can be different colors. Not all bodies are the same size. Not all bodies are the same color. These things are what make each of us different.

Ask Your Child:

- Tell me about the different parts of your body.

- How are bodies the same? How are they different?

- Tell me about the parts of the body you can move.

Activities To Do With Your Child:

- Look in the mirror with your child, and compare your faces. Do you have the same hair color or texture? Eye color? Maybe your noses are the same shape. Discuss your similarities and differences.

- Look at family photographs; compare your child with different family members. What does everyone have that is the same? Different? Look at the family members, and discuss how you can tell they are all related.

Vocabulary To Use With Your Child:

- **body** – the physical parts that make up a person or an animal.

- **mirror** – a smooth surface that shows an image of whatever is in front of it.

- **part** – a separate piece or section of a whole.

- **face** – the part of the head containing the eyes, nose, and mouth.

- **compare** – to say how something is similar to or different from something else.

- **structure** – a thing that is made up of different parts that are connected in a particular way.