Nova’s Amazing Human Body Guide

Step into your body and discover how you work!

- **Your head holds your brain, which is the boss of your body, and your face holds your eyes, ears, nose, and mouth.**
- **We use our five senses to learn about the world: sight, smell, hearing, taste, and touch.**
- **Inside your body, your skeleton is made of strong bones that help you stand up tall and move around.**
- **Your heart is a special muscle that works all day and night to pump blood around your body.**
- **Your lungs are hidden inside your chest, and they help you breathe in fresh air.**
- **Healthy food and plenty of water help your body grow strong and give you lots of energy to play.**

Did you know? Did you know? Your skin is the largest organ in your body! It keeps you safe and helps you feel if something is hot, cold, or soft.

Key vocabulary: Head · Shoulders · Knees · Toes · Senses · Skeleton · Organs