

my first



book of the

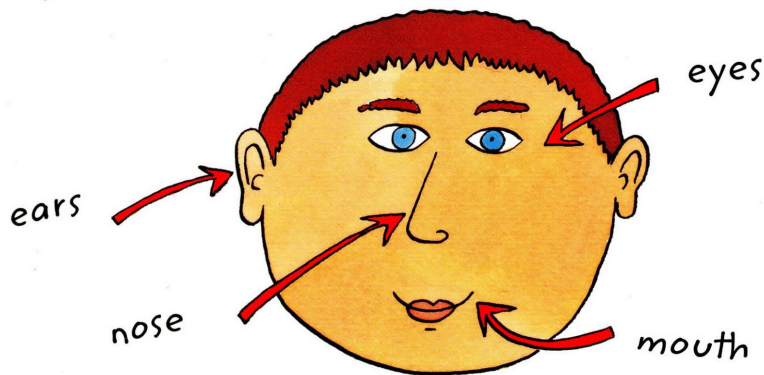


body

B R I M A X 3-5 years

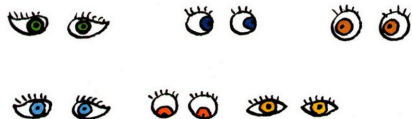
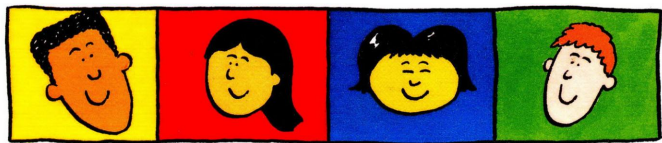
# My Face

This is a face!



No two faces are exactly the same.

Faces come in different shapes and skin tones!



Eyes have different shapes and shades.

Noses can be short or long, pointed or round.



Mouths can have crooked teeth or straight.



A face shows how someone is feeling.

# Arms and Legs

Legs take us from place to place

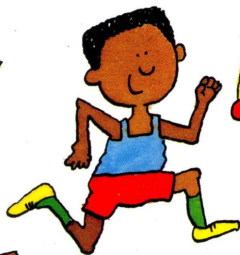


slowly...



or quickly!

Legs are for walking, running, skipping,



swimming and jumping!

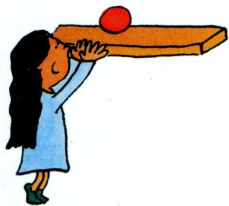


Arms are for

swinging when we walk



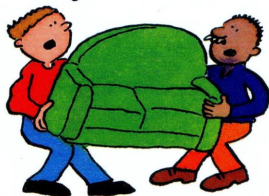
reaching



holding



lifting

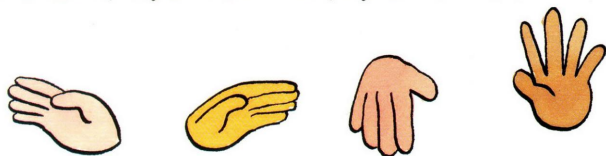


and for hugging!



# Hands and Fingers

We can use our hands to wave



to say hello,



or goodbye,



or "Help!"



Our fingers let us

pick things



play piano



feel heat and cold



and rough and smooth.



# Feet and Toes

Feet are what we walk on.



We wear socks  
to keep them  
warm...

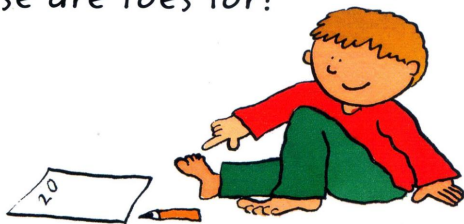


and sandals  
to keep them  
cool!

Feet and toes together help us to balance.



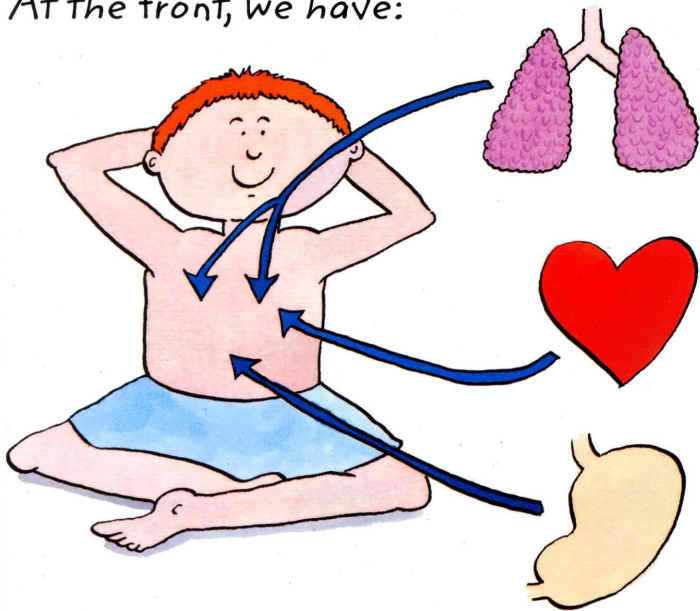
What else are toes for?



For wiggling in the sand- and for helping us to count!

# Chest and Tummy

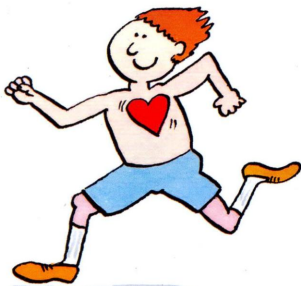
Our arms, legs and head are attached to our body.  
At the front, we have:



lungs to  
breathe  
with

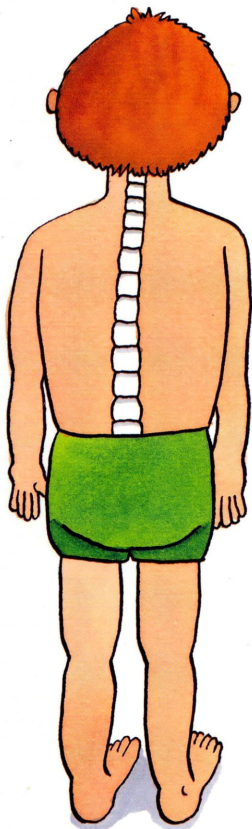
a heart  
that beats

a tummy to  
hold the  
food we eat.





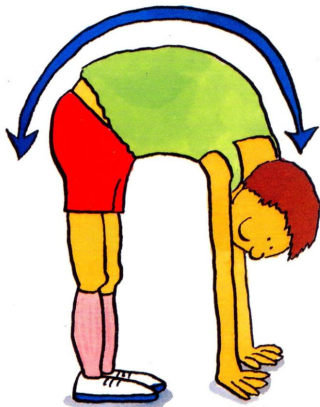
At the back we have a long, bendy bone called a spine.



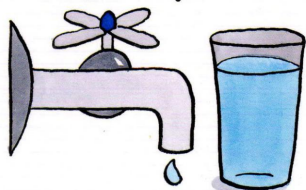
Our spine helps us to sit up straight...



and to bend over.

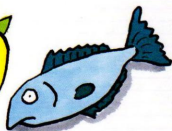
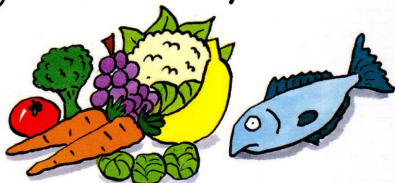
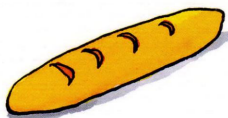


# Feeding my Body



We need to drink lots of water.

Some foods make us strong and healthy.



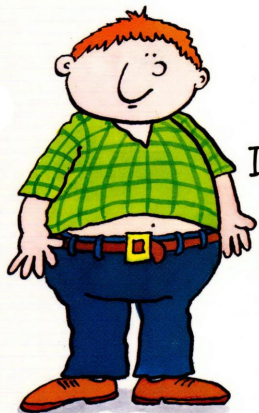
Other foods just taste great!



We feed our body so that we can think, talk, walk and run - and grow!



Our body empties out  
the bits it doesn't need.  
That is why we go to the toilet.



If we eat too  
much we  
become fat.



If we eat  
too little we  
become  
thin.

If we eat the right foods,  
our body should work  
perfectly for years.



# My Changing Body

From the moment we are born, our body begins to change.

Our body parts change as we grow older.

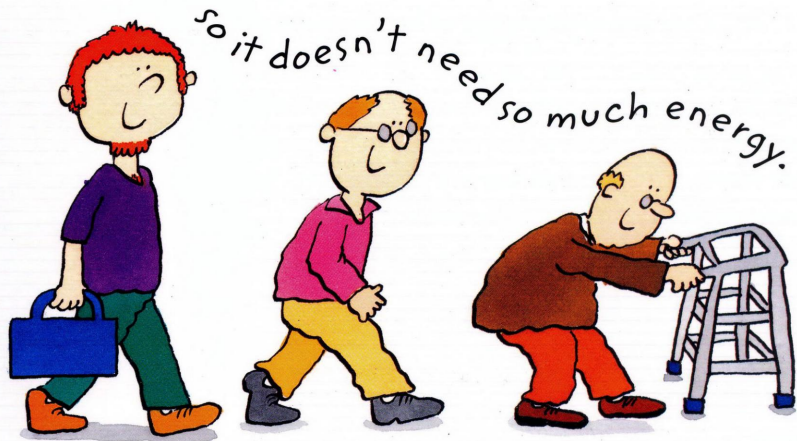


Smooth skin turns into wrinkled skin.

We grow taller and stronger.



When a body is fully grown, it begins to slow down



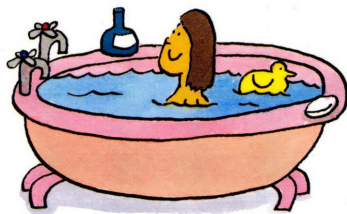
As we grow older we may need to wear glasses or even false teeth!



But as we grow older, we also grow wiser.

# Looking After My Body

We keep our body clean so that we don't smell, or catch germs and bugs.



We must give it plenty of exercise, so that it stays fit and strong.



Everyone's body gets sick sometimes.

We may catch  
a cold,



or chicken pox



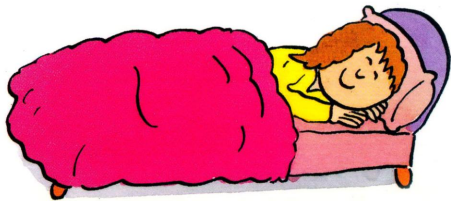
or break  
our arm!



Doctors and nurses  
help us get better.



Our body also  
needs plenty  
of rest and sleep.



Our bodies are amazing!







This brightly illustrated board book will give children a first introduction to the body.

Starting with our heads and working down to our toes, we learn about how to use our bodies, how we feed them, keep them clean, exercise and rest them.

Written by Janet Allison Brown



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