



## Additional Activities - Unit 7: Healthy Bodies, Healthy Choices

In this lesson, children learn the job each organ has to keep the body working and that the choices they make will help keep their organs healthy. Here are some activities you can do with your little one to strengthen the HALO at Home lesson!

### The Kidneys and Liver Clean the Blood

#### **Materials:**

- 2 clear bowls
- Yellow sponge
- Food coloring
- Paper towels

**Directions:** Cut the sponge into small, 1" x 3" strips. Put dark food coloring in one bowl. Put clear water in the other. Place bowls and sponges in a spot that your child can reach. Give your child a sponge. Tell them "Our kidneys and liver are an important part of our body. They have many jobs. One of their most important jobs is to clean the blood. This is how it works."

Kidneys/Liver in a Drug-Free Body - Demonstrate by placing the sponge in clear water and squeezing it out. Say, "the kidneys and liver work hard to keep the blood clean." Your child should notice after wringing out their sponge that looks the same as it did when they started.

Kidneys/Liver in a Body with a Drug - Demonstrate by placing a sponge in the colored water and squeezing it out. The sponge should be stained the color of the water now. Invite your child to dip their sponge in the colored water. Review what happened and why. They should notice some of the dye in water stayed in the sponge. Children should notice after wringing out their sponge that it looks different from when it started.

**Tying it together:** Explain to your child that alcohol, tobacco and other drugs stay in the kidneys/liver also. The more drugs in the kidneys/liver the more damage is done. Sometimes kidneys/liver can't do their job of cleaning the blood and the person will get sick. Alcohol, tobacco and other products harm the kidneys/liver. Examine a clean sponge (drug-free kidney/liver) for your child to compare.

## Stomach Bag

This activity is designed to help children learn the functions of their stomach.

### Materials:

- A large Ziplock bag
- Bananas
- Crackers (or any food that is easily crushed/smashed)
- Water
- Empty toilet paper rolls

**Directions:** Tell your child that the stomach is a very special organ within everyone's body. It is a muscle that stretches or expands when food enters it. Show your child where the stomach is located and encourage them to place their hand directly on their stomach. Discuss how the stomach makes growling sounds. When we eat food, it goes from our mouths, to our esophagus and then into our stomachs.

Have your child place some cut up bananas into the bag. Explain that this is food in the stomach. Next, put in some crackers. Explain to your child that as food travels from the mouth through the esophagus and then to the stomach, the stomach begins to work on the food, or digest it by dripping in little bits of liquid. Put a few drops of water in the bag and seal the bag. You can say, "The stomach is beginning to squeeze the food and liquid which is called digesting the food." Allow your child to squeeze the bag of food and examine how the food changes as it is being digested.

Have your child listen to your stomach sounds by using the toilet paper rolls. Feel free to involve other family members in the house!

