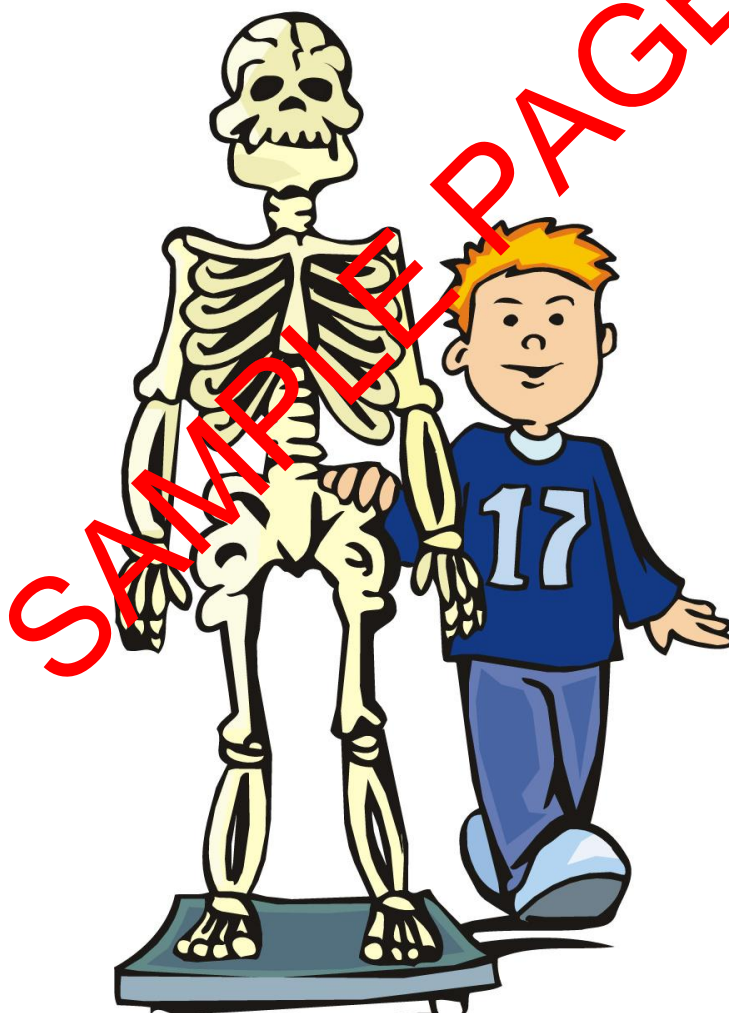




Grades 4-8

Inside My Body

Lapbook with Study Guide



A Journey Through Learning
www.ajourneythroughlearning.com

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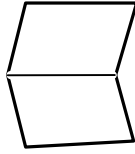
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SAMPLE PAGE

Things to Know

Hamburger Fold-Fold horizontally



Hotdog Fold-Fold vertically



Folds-Labeled with a small line to show where the fold is and the words “hamburger fold” or “hotdog fold.”

Dotted Lines-These are the cutting lines

Cover Labels-Most of the booklets that are folded look nicer with a label on top instead of just a blank space. They will be labeled “cover label.”

So where do the mini-booklets go?

A color-coded and labeled KEY is included. This key shows you where all of the mini-booklets go in each folder. Keep this page handy! You'll also see at the top of the mini-booklet pages another graphic that shows once again where to place the booklet in each folder. So there are TWO ways to see where to place the booklet. We made it easy! You won't get lost.

Lapbook Assembly Choices

(see photos on how to fold and glue your folders together)

Choice #1 -Do not glue your folders together until you have completely finished all three folders. It is easier to work with one folder instead of two or three glued together.

Choice #2 -Glue all of your folders together before beginning. Some children like to see the entire project as they work on it. It helps with keeping up with which folder you are supposed to be working in. The choices are completely up to you and your child!

How Long Does it Take to Complete the Lapbook?

Doing a study guide page and mini-booklet a day, a 3-folder lapbook takes about one month to complete. However, you can expand the study portion and make it last as long as you like! That's the beauty of homeschooling! Do it YOUR way!

How It All Goes Together

What you need to get started

- *A printed copy of the lapbook by A Journey Through Learning
- *3 colored file folders
- *Scissors
- *Glue
- *Hole puncher
- *Brads
- *Stapler

To make the storage system (optional-directions under “Keeping it all together)

- *Duct tape (preferably at least two different colors but not necessary)
- *One 3-ring binder

Study Choices

Choice #1- Read the first page of the study guide. Then use the internet and fun children’s books to learn more about the topic that is covered in that study guide. For instance-our American Indians lapbook has a study guide page about Geronimo. Dig into Geronimo. There are probably lots of interesting things to learn about him that the study guide does not cover. Spend a day on Geronimo or spend a week! The pace you take for the lapbook is completely up to you. When your child has completed studying that particular topic, it will be time to do the mini-booklet for that topic. The mini-booklet patterns are found right after the study guide page that it goes with. Or, your child might want to do the mini-booklet before he/she delves deeper into the subject. Once again, the order is completely up to you and your child.

Choice #2- Read only the study guide page and do the mini-booklet that goes with it. The mini-booklet patterns are found right after the study guide page that it goes with. You may choose to do one study guide/mini-booklet per day, two per day, two per week, three per week, etc. It doesn’t matter. The pace is completely up to you. At one per day, it will take about a month to complete a 3 folder lapbook.

Tips and tricks to go the extra mile!

Supplies Need:

½ inch three-ring binder

5 tabs (if you are using our copywork and/or notebooking pages, you will need to have 7 tabs. Label with copywork and notebooking)

Quart size baggies

Duct tape

Your study guide and mini-booklets pages

Office supplies-glue, scissors, brads, stapler, pencils, crayons, and ribbon (if needed)

1. Label your tabs: Study Guide, Book Log, NICK Biography Reports, Outlines (Copywork and Notebooking, if using these).

2. Make copies of NICK notes and outline forms and put them behind the tabs. Your child can use either the NICK notes form (easier) or the outline form (a bit harder) after any of the study guides. These serve as a good review of the material in the study guide.

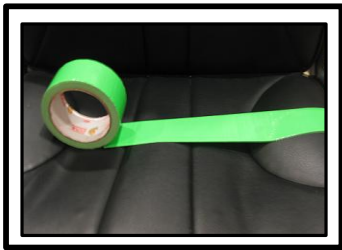
3. Hole punch your study guide and mini-booklets sheets and place behind the Study Guide tab. You will need a page of a study guide. Behind the study guide are all of the booklets that go with that study guide.

4. Keeping your office supplies handy-Measure the bottom of a quart size zip-lock bag. Then measure out a strip of duct tape that length. Lay the zip-lock bag on the lower edge of the tape. Fold the other end of the tape down on the zip-lock bag. Your duct tape should be sticking out from the bag. Now, you can hole punch the duct tape strip. **DO NOT HOLE PUNCH INTO THE BAG!** Then put it into your 3-ring binder. Use this bag to store items you will be using for your lapbook. Glue, scissors, hole puncher, stapler and extra staples, crayons, pencils, brads, ribbon, and any unfinished work. Doing this one step keeps you from having to constantly gather supplies every time you want to work on your lapbook!

Can I store all of my lapbooks in ONE location?

Yes! A Journey Through Learning has come up with a way that you can store all of your lapbooks from your books in ONE convenient location. A 3-ring binder serves as a great place to keep your lapbooks. This method of storage not only keeps your lapbooks from getting lost but also keeps them neat and readily available to show to dad, grandparents, friends, etc. When they are not being shown off, just place the binder on your bookshelf! On the next page, we have given you step-by-step directions (with pictures) of how to create a storage binder.

How to make a storage system for your lapbook(s)



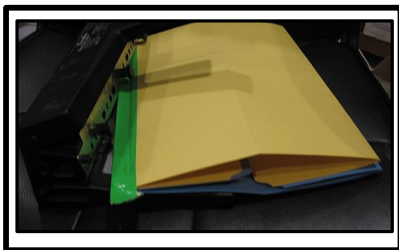
Roll out enough duct tape to go across the folders lengthwise.



Put duct tape sticky side up. Place binded edge of lapbook on the duct tape (no more than $\frac{1}{4}$ inch!).



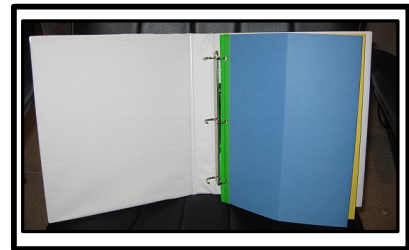
Then stick duct tape to the other side again about $\frac{1}{4}$ inch. There will need to be enough tape to hole punch.



Stick duct tape into hole puncher but be careful not to punch holes in your folders.



It will look like this.



Store folders in 3-ring binder.

How to fold and connect the folders for your lapbook.



1. Gather the number of folders required for your particular lapbook.



2. Open up each folder and flatten it out.



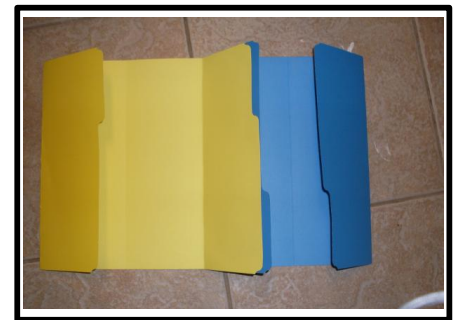
3. Take the right side and fold it all the way over until the tab is just before the middle crease in the folder. Do not overlap this crease with the tab.



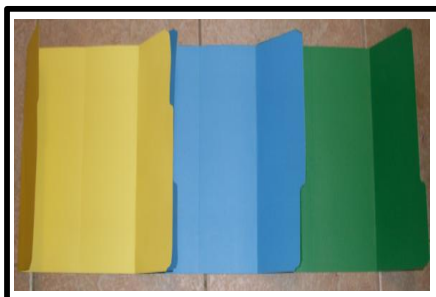
4. Fold the left hand-side over just to the crease but not overlapping it. Your folder now has two flaps. We like to run a ruler down each fold to make the fold neater and flatter. Do steps 3 and 4 to the remaining folders.



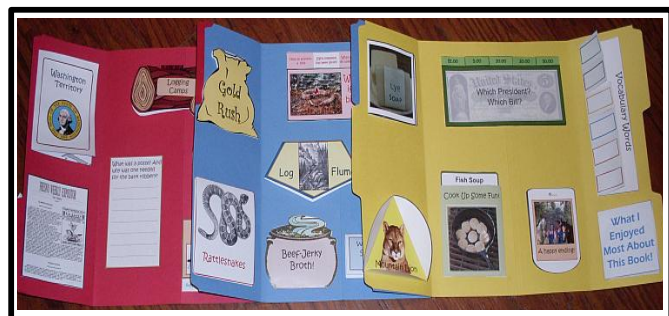
5. Take two of the folders and apply a generous amount of glue to their flaps.



6. Bring the flaps together and press so they stick together.

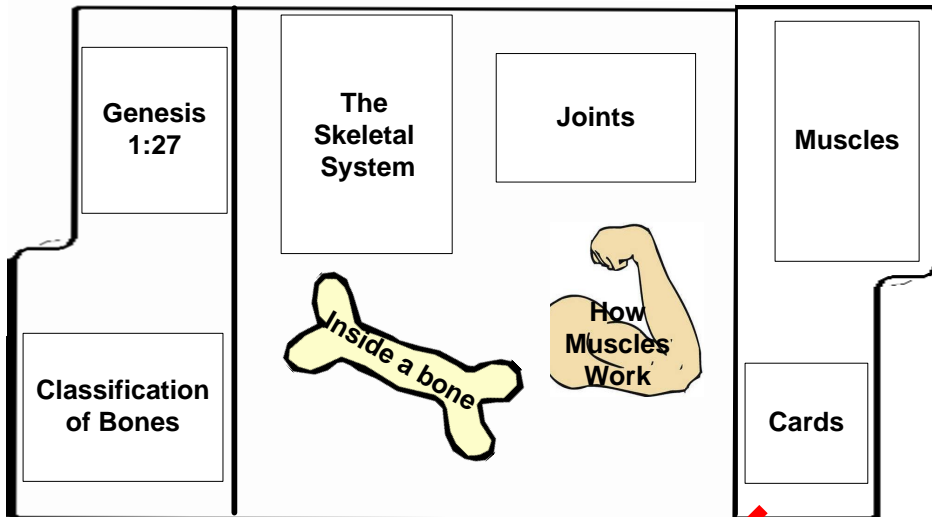


7. Do steps 5 and 6 to your remaining folders (if any).

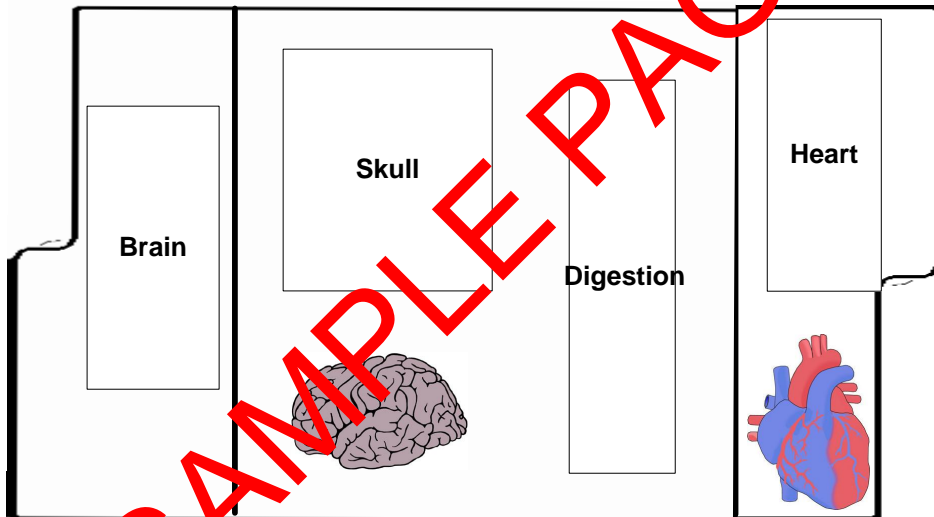


8. The patterns for all the mini-booklets are provided. Just cut out, construct, and glue them into your lapbook. Refer to the color-coded placement page or the actual mini-booklet page for placement of each mini-booklet.

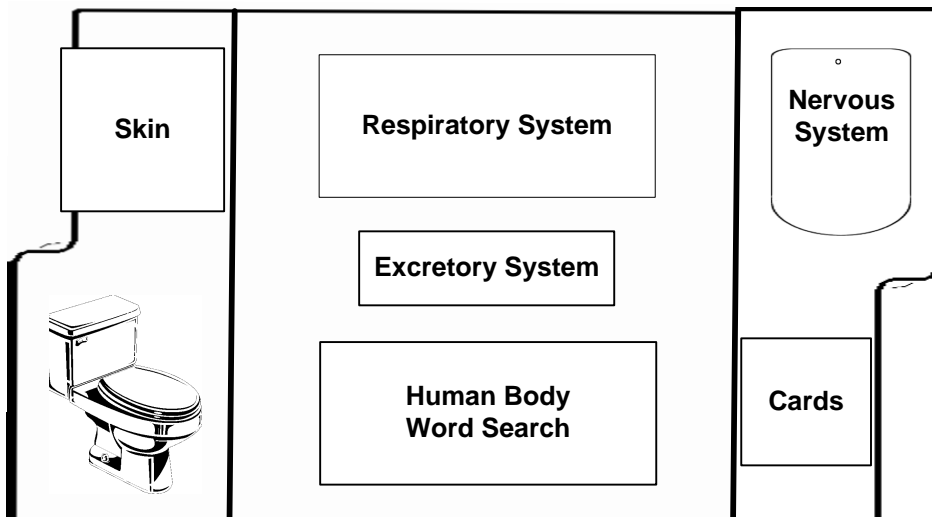
Folder 1



Folder 2



Folder 3



Inside My Body Lapbook

Learn about the fascinating body God designed! What path does food follow after it is swallowed?, What do the inside of bones look like?, What is the purpose of joints?, What does the brain do when it gets a message?, How much does the average brain weigh?, How many skin cells do you shed in a day?, How do you know when its time to go?, and much more!

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How Do You Know When it is Time to Go?

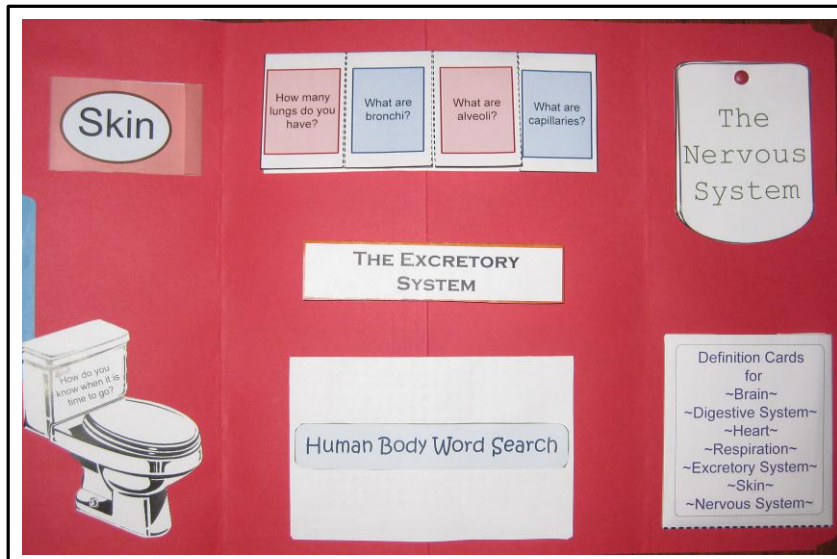
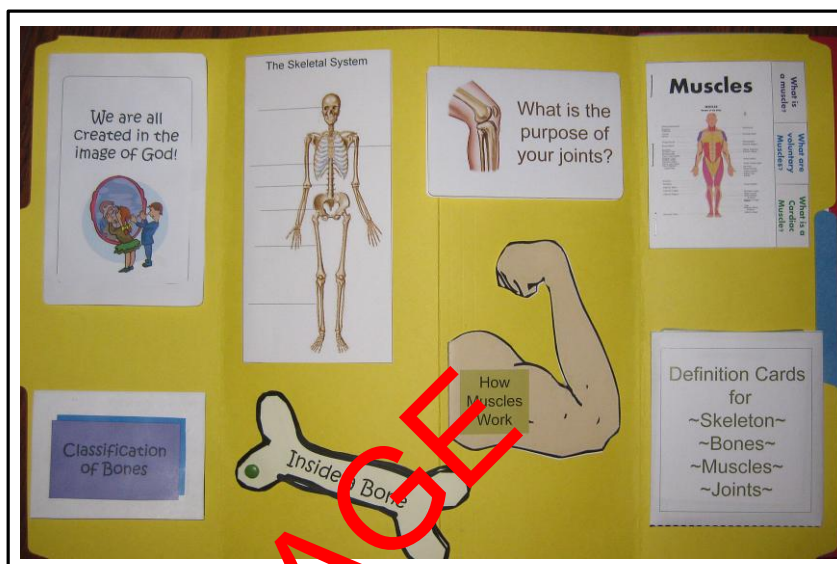
Human Body Word Search

The Nervous System

Definition Cards for Brain, Digestive System, Heart,

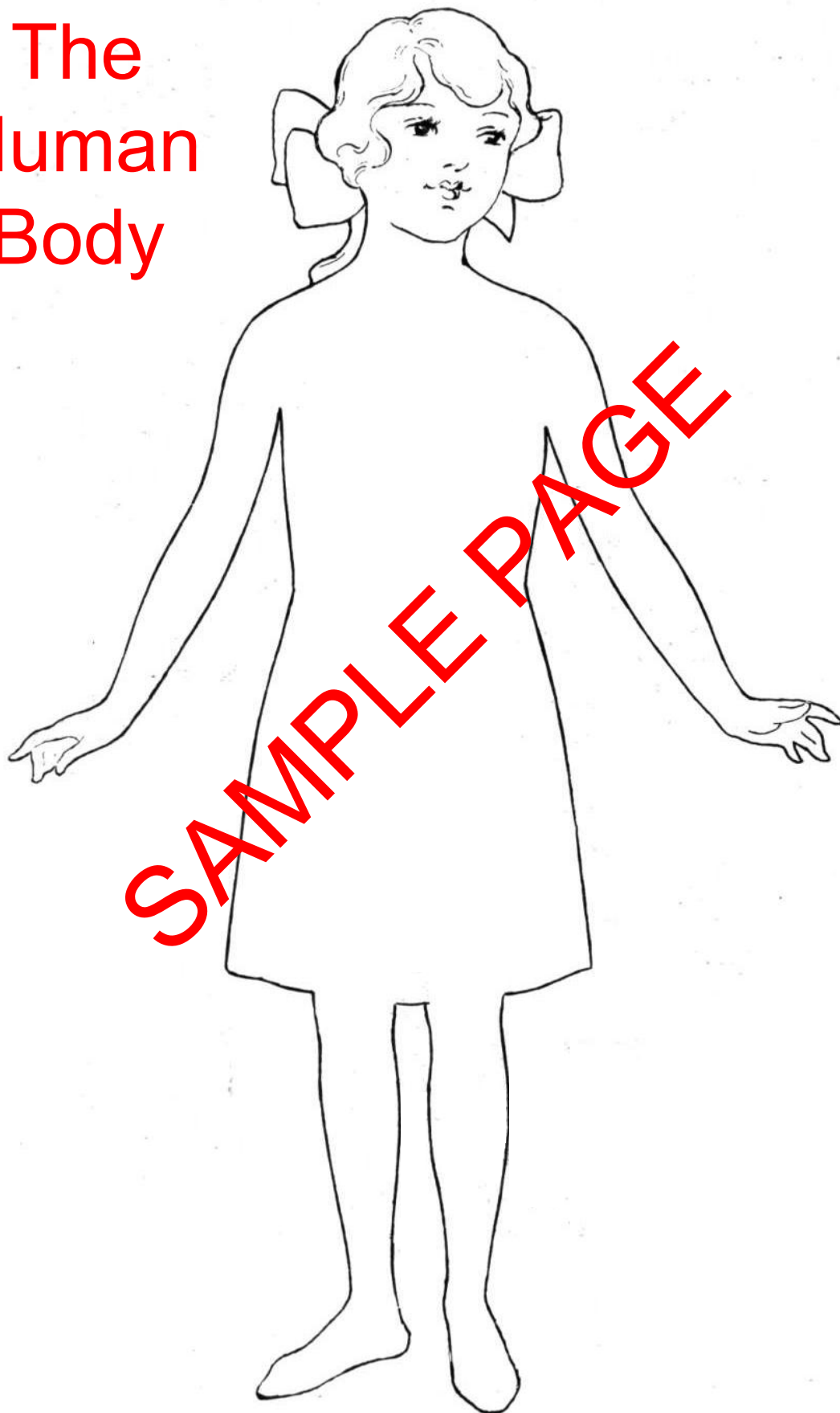
Respiration, Excretory

System, Skin and Nervous System



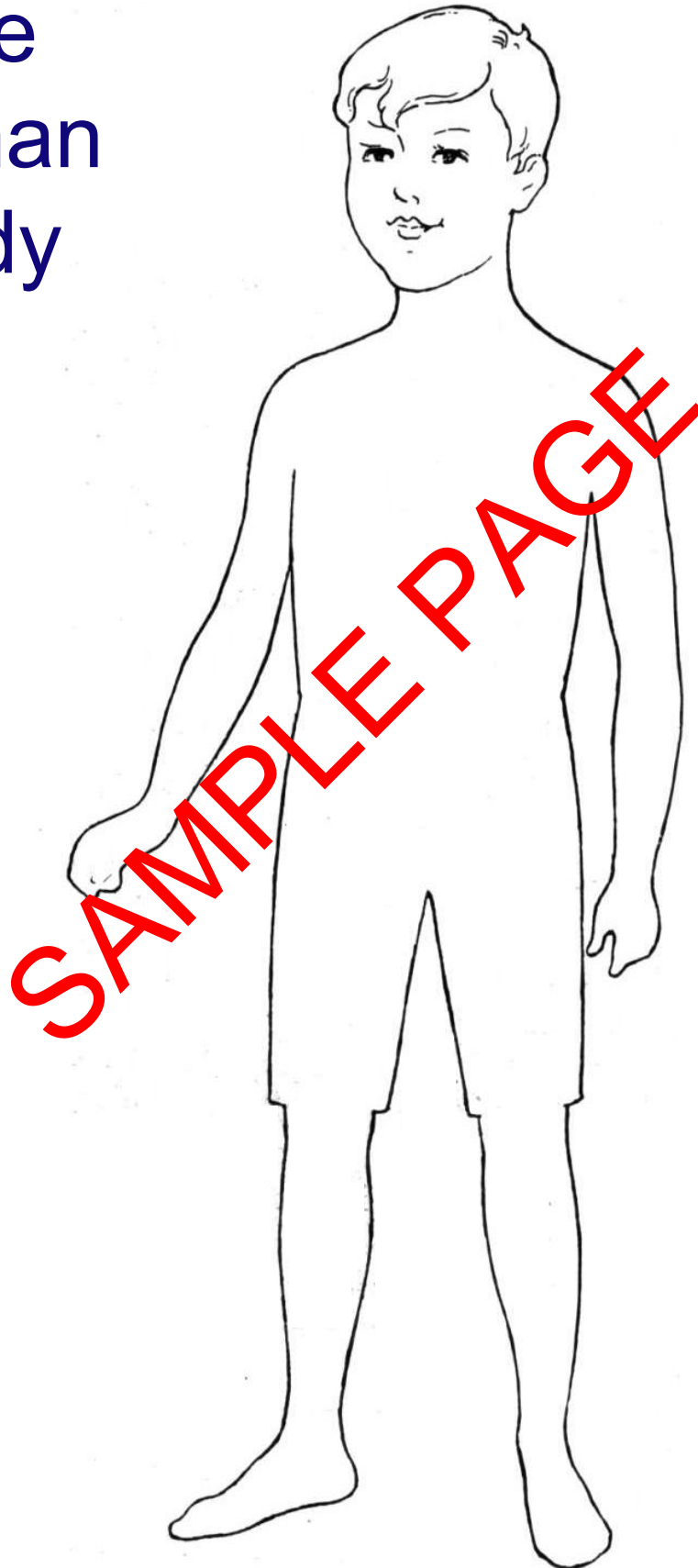
Cut out around the dotted lines. Glue onto cover of closed lapbook. As you study the different bodily organs, draw them on the model. A male model is also provided.

The Human Body



Cut out around the dotted lines. Glue onto cover of closed lapbook. As you study the different bodily organs, draw them on the model. A female model is also provided.

The Human Body

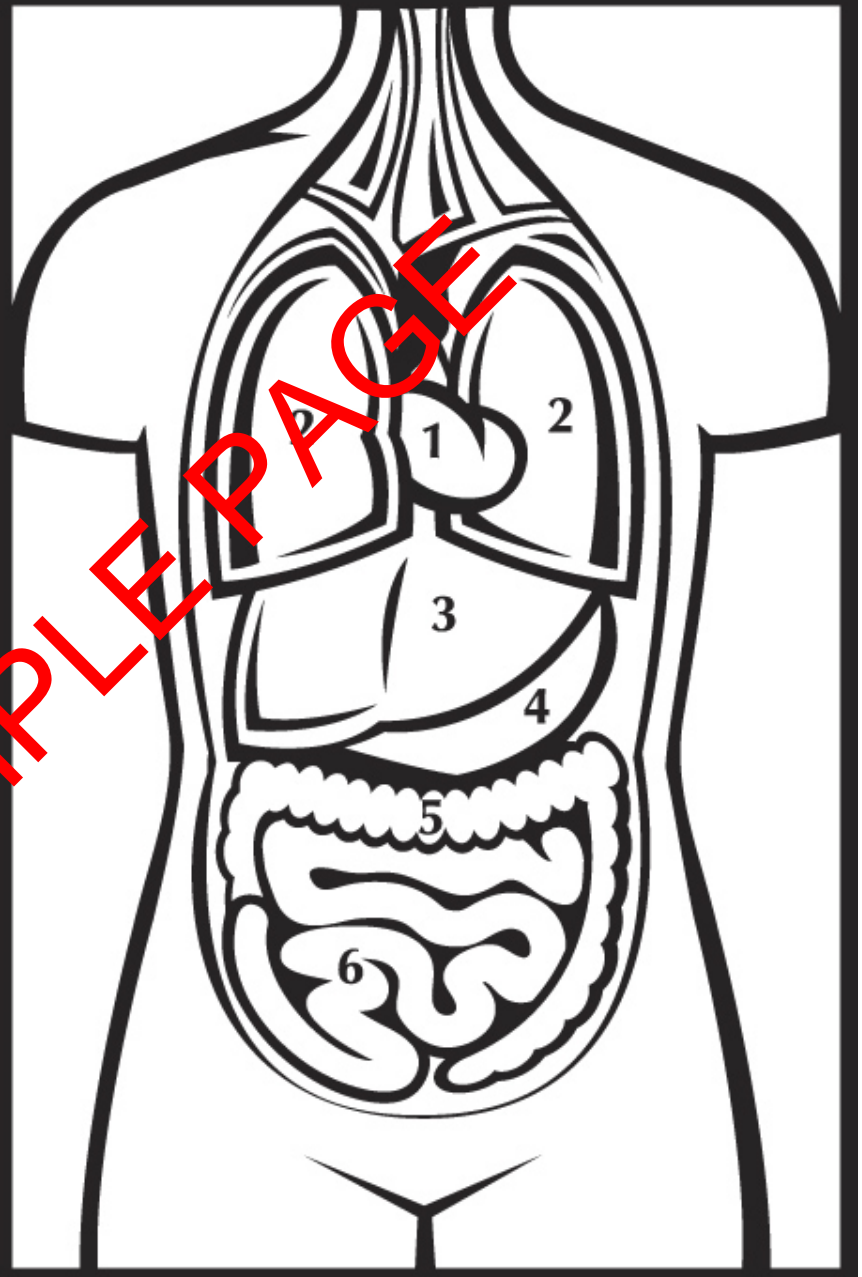


Cut out and glue to the back of the closed lapbook. Color the body organs as you study them..

BODY ORGANS

Color the body organs

1. HEART
2. LUNGS
3. LIVER
4. STOMACH
5. LARGE INTESTINE
6. SMALL INTESTINE

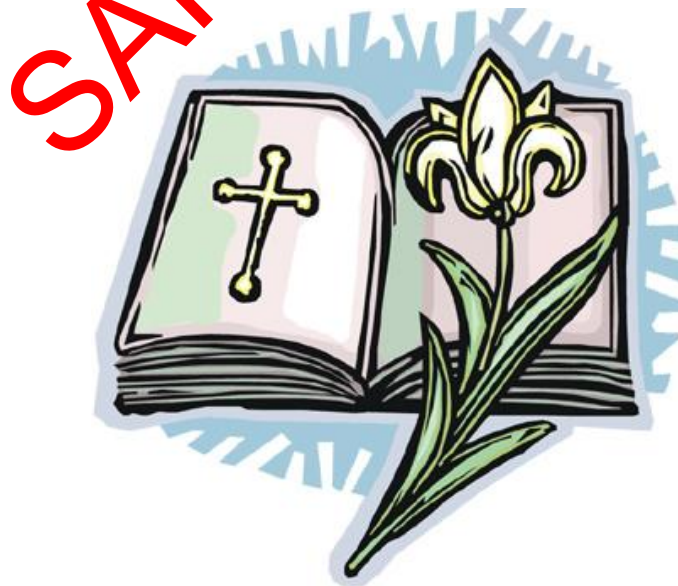


What Does the Bible Say?

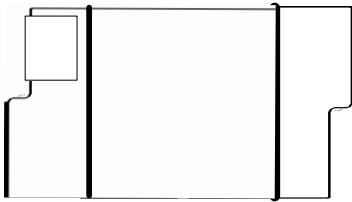
The Bible tells us in Genesis 1:27 that God created man in His own image, in the image of God He created him; male and female He created them. This means that with His own hands He carefully designed us.

According to scientists, human beings are the most complex organisms on this planet. Our bodies are a single structure, but they are made up of billions of smaller structures.

If we take the time to explore our bodies, we will come to appreciate just how important we are to God and how much love and care He put into us.



Folder 1



Cut out the booklet as one piece. Fold in half. Cut out cover label and glue on the outside of the booklet. Glue booklet into folder. Use with "What Does the Bible Say?" study guide. Inside the booklet, copy the Bible verse in your best handwriting. Then using a mirror, draw a picture of yourself just the way that God made you! PERFECT!



We are all
created in the
image of God!

SAMPLE PAGE

Using a mirror, draw a picture of yourself.



Genesis 1:27

27 So God created man in His *own* image; in the image of God He created him; male and female He created them.

The Skeletal System

Have you ever wondered what would happen to your body if you did not have bones? Without these bones (your skeletal system), you would just flop around. You would not be able to stand, walk, or run! Your bones serve many purposes.

Your skeletal system consists of **bones, cartilage, ligaments, and tendons**. It makes up about 20 percent of the weight of your body. The main structure is your backbone. It is what allows you to stand upright. Your other bones help protect the delicate, soft parts of your insides. Your soft brain, like the rest of your body, is protected by bones. It is called the **skull**, or cranial bones. Your skull is a series of fused bones and acts like a hard, protective helmet for your brain. There are six parts to the cranial bones: one frontal, two parietal, 2 temporal, and 1 occipital.

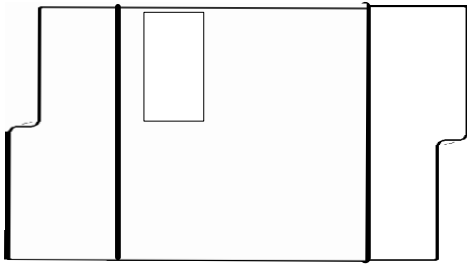
Your **spinal column** (inside your backbone) is surrounded by hundreds of nerves and is protected by smaller bones, linked together, called **vertebrae**. You also have built-in protective armor called the **rib cage**. Your rib cage protects the heart and lungs of the thorax. The bones in our body contain more calcium than any other organ.

Bones are composed of thousands of living cells. The cells rely on blood to help them grow and repair themselves. Blood serves as the lifeline by bringing the bone cells food and oxygen and taking away waste. Without these living cells, broken fingers and toes would never heal.

Most bones are hollow. This hollowness makes bones strong but light. The center of many bones contain the bone marrow. Bone marrow is responsible for making new red and white blood cells. Red blood cells help ensure that oxygen is distributed to all of your body parts. White blood cells fight off diseases and kill germs.

Scientists divide the human skeleton into two parts. The first is called the **axial skeleton**. It is made up of the bones that form the support and protection of your head, neck, and trunk. The axial part includes the skull, sternum, ribs, and vertebral column. The second is called the **appendicular skeleton**. It is made up of the bones that hold together the parts of the axial skeleton. This section includes the upper and lower extremities, shoulder girdle, and pelvic girdle.

Folder 1



Cut out the booklet. Glue into lapbook. Use with “**The Skeletal System**” study guide. Cut out the labels and glue onto the skeleton in the correct location.

Lower Extremities

Vertebral Column

Upper Extremities

Pelvic Girdle

Sternum

Ribs

Skull

The Skeletal System



Our Bones

Bones are the solid structure that forms your skeleton. Bones serve multiple purposes for your body. They help to support and protect your **organs**, they help us to move, and they help to produce blood cells. Bones come in all shapes and sizes. Even though they are light in weight, they are extremely strong. An adult has 206 bones in their body, while a child has 300. As children grow, many of their bones fuse together, forming one bone. This is the reason for the difference in the number of bones between adults and children.

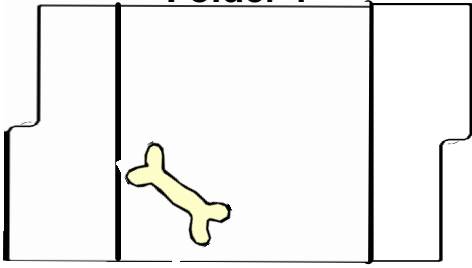
Each bone of your body is made up of three types of bony tissue: **compact, spongy, and marrow**. The first kind of tissue is the bone you see. It is known as “compact” bony tissue or “skin” of the bone. This layer contains nerves and blood vessels, which help in the feeding of the bones. This layer is formed from calcium and other minerals. On the inside of the compact layer is the middle of the bone, called the “spongy” bone. It looks like a honeycomb. Of all the layers, the spongy layer is the lightest and most flexible. In the very center of your bones is a jelly-like tissue called “marrow.” This is where new blood cells are constantly being produced.

The bones in your body are classified into five kinds: long, short, flat, irregular and sesamoid. **Long bones** are hard, dense bones that provide strength and mobility. These bones are found in your fingers, toes, arms and legs. They have a shaft and two ends, and contain yellow and red bone marrow. **Short bones** are wrist and ankle bones. They are cube-shaped and have a thin layer of compact bone that surround a spongy interior. **Flat bones** are the bones of your skull and sternum and are usually thin and curved. **Irregular bones** are your hips and spine bones. **Sesamoid bones** are those bones that are embedded into tendons.

The most important thing you can do for your bones is to give them calcium. This mineral is essential for maintaining strong bones. Milk, cheese, and yogurt are all great ways to get the calcium you need!



Folder 1



Cut out the two booklets. Connect at the top with a brad. Glue into lapbook. Use with "OUR BONES" study guide. Cut out the labels and glue on the bone in the correct location.

Compact Bone

Bone Marrow

Spongy bone

