



## GATEWAY REGION YMCA LIFE SIZE BODY AND ORGANS

Your body is filled with different organs that perform all kinds of functions that help keep you healthy! Can you find items around your house to represent your organs and what they do?

### Supply List

- Varies

### Instructions

1. Trace yourself! This can be done outside with chalk or on a big piece of paper!
2. Choose items from around your house that represent different organs in your body! Try and make them match up to either what the organ looks like or what it does for your body! You don't have to do every organ but do as many as you can!
  - Example: I would use balloons to represent my lungs and something electronic to represent my brain!
3. Take a picture of your completed body and organs and post using #gwrymcaSTEAM



For more information about this activity visit:  
[gwrymca.org/blog/steam-activity-life-size-body](http://gwrymca.org/blog/steam-activity-life-size-body)

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