



## Class Pet Lessons

### Books

#### General

##### **How the Body Works**

By Steve Parker. (1994, Reader's Digest)

A good reference for the study, this book includes experiments, projects, and an enormous amount of information about the human body. Some of the text and activities are too advanced for kindergartners, but other pieces are adaptable with adult facilitation and support.

##### **Human Body: Hidden World (A First Discovery Book)**

By Claude Delafosse and Gallimard Jeunesse; illustrated by Pierre-Marie Valat. (2000, Scholastic)

Children use a paper "flashlight" to see what their bodies look like and do on the inside. The acetate overlays make for an engaging format.

##### **The Magic School Bus Inside the Human Body**

By Joanna Cole; illustrated by Bruce Degen. (1989, Scholastic)

Ms. Frizzle's class takes their bus inside the human body to get a firsthand look at the major parts of the body and how they work. This book is good for reading aloud, as well as independent perusal of the pictures.

##### **Me and My Amazing Body**

By Joan Sweeney; illustrated by Annette Cable. (2000, Dragonfly Books)

A girl gives children a guided tour of her body. She talks about the parts of the body that she can see, but mostly about those she cannot see. She describes the functions of her skin, bones, muscles, brain, blood, heart, lungs, and stomach in an engaging and accessible way.



### **My First Body Book**

By Melanie and Chris Rice. (1995, Dorling Kindersley)

An introduction to the major body systems, with a combination of drawings and photographs to illustrate the clear and informative text. Includes a see-through section with layered pages depicting each system discussed in the book. Also includes a sampling of “body trivia” facts and suggested activities that children will find interesting.

### **What If?... The Human Body**

By Steven Parker; illustrated by Tony Kenyon. (1995, Aladdin Books)

Provides lots of information about the body through a “what if?” question and answer format and amusing illustrations.

### **What’s Inside? My Body**

By Angela Royston. (1991, Dorling Kindersley)

Looks inside parts of the body (e.g. head, stomach, chest, eyes, arms and legs, etc.) to show and simply explain the workings of important features. The format and content are very accessible to young children, who will enjoy hearing sections read aloud and then investigating the pictures independently.

## **Bones and The Skeletal System**

### **Dem Bones**

By Bob Barner. (1996, Chronicle Books)

A book version of the well-known spiritual that cleverly incorporates factual information about the human skeleton. Great to read (and sing) aloud.

### **Jessica’s X-Ray**

By Pat Zonta; illustrated by Clive Dobson. (2002, Firefly)

Tells the story of a girl who breaks her arm and learns about different x-ray techniques. Includes six actual x-ray images, with explanatory text about each one. This book presents a lot of information in a format that is easy to read and understand. The actual x-rays are an excellent resource for the study.



### **The Skeleton Inside You (Let's Read and Find Out)**

By Philip Balestrino; illustrated by True Kelley. (1989, HarperTrophy)

An introduction to the human skeletal system, explaining how the bones of the skeleton join together, how they grow, how they help make blood, what happens when they break, and how they mend. A good read-aloud and reference book for the study.

### **Skeletons: An Inside Look at Animals**

By Jinny Johnson; illustrated by Elizabeth Gray. (1994, Reader's Digest)

A beautiful book that depicts the skeletons of eighteen animals, including humans, along with fascinating facts about how the skeletons "fit" the creatures they belong to. The pictures in this book will entrance some children for hours and unveil an enormous amount of information about bodies, bones and skeletons in the process!

### **Skeletons! Skeletons! All About Bones**

By Katy Hall; illustrated by Paige Billin-Frye. (1991, Platt and Munk)

Highlights features of different animals' skeletons in a fun-to-read format, with bone-based "riddles" interspersed throughout. Good for reading aloud and independent perusal.

## **Breathing and The Respiratory System**

### **Breathing, How We Use Air (Under the Microscope)**

By Jinny Johnson. (1998, Grolier Educational)

Like other books in this series, this is an excellent background book for teachers with clear and extended explanations of complicated processes. There are photographs of real people engaged in activities that are also depicted by drawings and photographs of the internal workings of the respiratory system.

### **What Happens When You Breathe? (What Happens When...?)**

By Joy Richardson. (1986, Word)

Like the rest of the What Happens When...? series, this book uses simple straightforward text and pictures to explain physical phenomenon in a child friendly way. It includes suggestions for simple experiments about breathing.



## **Digestion**

### **What Happens to a Hamburger? (Let's Read and Find Out)**

By Paul Showers; illustrated by Edward Miller. (2001, HarperCollins)

Narrated by the waiter in a diner, this book takes the reader step-by-step through the digestive process with helpful illustrations and photos to enhance the text. Also includes some kitchen experiments to demonstrate changes in food during digestion. A good read-aloud and reference book for the study.

## **Growing**

### **I'm Growing (Let's Read and Find Out)**

By Alike. (1992, HarperCollins)

Simply and clearly describes human growth and how different parts of the body change as it grows. A good read-aloud and resource book for the study.

## **The Heart and Circulatory System**

### **Hear Your Heart (Let's Read and Find Out)**

By Paul Showers; illustrated by Holly Keller. (2001, HarperTrophy)

An excellent introduction to the heart and how it works. Includes simple activities, such as making a stethoscope and measuring heart rate. A good read-aloud and reference book for the study.

## **Muscles**

### **Muscles, How We Move and Exercise (Under the Microscope)**

By Richard Walker. (1998, Grolier Educational)

A good background book for teachers with excellent drawings and photographs. Contains photographs of children engaged in different activities alongside pictures of their musculature engaged in the same movement. Children will find the pictures fascinating.



### **Muscles, Our Muscular System**

By Seymour Simon. (1998, Morrow Junior Books)

This book contains interesting information about muscles. It would be helpful to teachers, though the text is too advanced for most kindergartners. What makes it unique are the extraordinary views of the interior of the human body that have been taken by advanced photographic technology.

### **Senses**

#### **How Do Your Senses Work? (Usborne Flip Flaps)**

By Judy Tatchell; illustrated by Maria Wheatley. (1997, Scholastic)

A lift-the-flap book that simply explains how each sense works, as well as providing other interesting information. Good for reading aloud, reference, or independent perusal.

#### **The Magic School Bus Explores the Senses**

By Joanna Cole; illustrated by Bruce Degen. (1999, Scholastic)

The Magic School Bus travels inside the sense organs.

#### **My Five Senses (Let's Read and Find Out)**

By Alike. (1990, HarperTrophy)

Depicted in beautiful pictures, with simple text, children engage in a variety of everyday experiences that demonstrate each of the five senses. A good book for reading aloud.

#### **Your Skin and Mine (Let's Read and Find Out)**

By Paul Showers; illustrated by Kathleen Kuchera. (1991, HarperCollins)

A basic introduction to skin and its functions, including the sense of touch, pigments and melanin, and cuts and healing.

### **Sickness and Health**

#### **Germs Make Me Sick**

By Melvin Berger; illustrated by Marilyn Hafner. (1999, Econo Clad Books)

Informative text and lively cartoon drawings describe how bacteria and viruses make people sick and how their bodies fight back. Focuses on children in familiar, everyday settings.



**The Magic School Bus Inside Ralphie: A Book About Germs**

By Joanna Cole and Beth Nadler; illustrated by John Speirs. (1995, Scholastic)

The Magic School bus travels inside the body of a sick classmate to find out how germs make him sick and how his body can make him well again. Good for reading aloud.