

MANITOBA ADDICTIONS AWARENESS WEEK

TOPIC:	How substances can affect the body
AUDIENCE:	Kindergarten – Grade 5
OUTCOME:	Identify safe and unsafe substance found in the home, school, and community that can help (i.e., healthy foods and drink, medicinal products as prescribed by a doctor) or harm the body (i.e., food or medicinal products with a broken seal, foul-smelling substances, items with the poison symbol). Identify helpful and /or harmful substances (i.e. vitamins, medicines, tobacco, alcohol) and their effects on a healthy body.

The following is another excerpt from a *Tough Kids & Substance Abuse* lesson plan.

LESSON ON HOW SUBSTANCES CAN AFFECT THE BODY AND ITS SYSTEMS: PAPER BODY PARTS

SYNOPSIS

- ✓ The lesson will increase the student's knowledge of their body, its major organs and their functions.
- ✓ Students will create a life-sized paper replica of their own bodies, pasting onto it paper cut outs of the major organs.

MATERIALS, RESOURCES & PREPARATION

1. One large 26" wide roll of Kraft or Specter Art Construction Paper for body outlines.
2. Classroom resources: public/school library anatomy books; posters of human body; plastic anatomical model with removable organs (often available from educational resource centers).
3. Prepare organ cut outs from coloured construction paper (sheets of 22" X 28") or smaller, in 6 different colours, e.g. red (heart); white (lungs); purple (liver); yellow (kidneys); pink (stomach); gray (brain).
4. Miscellaneous supplies: safety scissors and glue sticks for each student; felt pen for each adult assisting (you can recruit volunteers to assist with this activity).

LESSON PLAN

1. Class one –
 - Have the adults trace each student's body outline on a piece of the Kraft/Construction paper with the felt pen.
 - Have student cut out their body shape and discard excess cuttings.
2. Class two –
 - Emphasize that everyone has these organs and that they help to keep the body healthy.
 - Introduce each organ and talk about its function, see #3.
 - As you talk about each organ, show them where it is located on your body; and encourage them to touch that part of their own body where the organ is.
 - Assist students with deciding where each organ should be placed on their paper body.
3. Organs – Basic Information (you may choose to supplement this information based on the ability of your students to understand more detailed information).
 - What is the brain, where is it located and what does it do? – The brain is the organ used to think. It tells the rest of the body what to do and is located inside the head.
 - What is the heart, where is it located, and what does it do? – The heart is the organ that pumps blood to the rest of your body. The blood carries food and oxygen to the body. The heart is located inside your chest.
 - What are the lungs, where are they located, and what do they do? – The lungs are connected to the mouth and nose by a long tube. They bring air and oxygen into your body and give oxygen to the blood and the rest of the body. There are two lungs and they are located on either side of the heart.
 - What is the stomach, where is it located and what does it do? – The stomach is a large bag in your belly. It holds all the food after you eat it and turns it into food that can be taken into your blood and carried to the rest of your body.
 - What are the kidneys, where are they located and what do they do? – The kidneys help to clean out the waste from your blood so that it does not get polluted. They are located in the small of your back.
4. Paper bodies can be laminated, displayed and used for further discussions on how substances affect the body/organs. You may want to photograph your students with their paper bodies.

PLEASE NOTE: Additional Lessons on how substances can affect the body and its systems in *Tough Kids and Substance Abuse* include:

- Blood and Guts: Real Body Parts: This lesson shows students the basic organs affected by substance abuse. It requires actual animal organs and Kool-Aid (purple stuff); the demonstration shows how “substance” moves through and discolours the organs.
- Body Parts Major Organs Exercise: This lesson improves and assesses the student’s Knowledge of the basic organs and their functions. It includes the use of bubble wrap, balloons, a stethoscope, a drip coffee maker. Sound interesting? Kids think so to, check it out!

OTHER RESOURCES:

To help with these lessons other community resources are available such as:

- MBPAA Web site, www.mbpaa.ca -
- The Addiction Foundation of Manitoba’s Library: Impairment Goggles, DVDs, Kits and Health and Drug Education Poster Series, etc.
- Manitoba Public Insurance: Impairment Goggles.
- Manitoba Lung Association: Lungs for life.

“*Tough Kids & Substance Abuse*” can be borrowed from The Addictions Foundation of Manitoba Library at 1031 Portage Avenue, Winnipeg, Manitoba. Please call [204] 944-6233 or Fax [204] 772-6277 to order a copy. It is also available to download off of AFM’s website at www.afm.mb.ca