In this exhibit, children learn about good health, both oral health and physical well-being. They can explore the bones of the body, look at x-rays, and give their friends an exam. Try these activities to inspire young doctors.

**Head, shoulders, knees, and toes**
Sing the song Head, Shoulders, Knees, and Toes to begin discussing the different parts of the body and where they’re located. Point out other body parts as well—the elbow, shoulder blade, and shin are some places to notice.

**Skeleton**
Trace your child or have them trace you on a large piece of paper. Then label the different body parts together. Try to draw bones, fingernails, and teeth to elaborate the drawing. For older children, find free skeleton printables online for exploration.

**Role Play**
Set up a mini-clinic in your house. Allow your child to role play being the doctor, checking you into the clinic, checking your symptoms, your heart, and even healing you!

**Roll the skeleton game**
Find or draw a skeleton, cut the skeleton into different parts (cranium, femur, tibia, humerus, rib cage, etc). Now you’re ready to play! Assign a number to each body part, e.g. when you roll a one, you get a head, a two gets you a femur, and so on until you have a full skeleton. The first person with a full skeleton wins! You can expand this game by adding another dice and adding more body parts.

**Make a vocal chord**
Using a paper towel tube, cover one end with wax paper, secure the paper with a rubber band. Make a slit in the wax paper and practicing breathing in and out through the roll. Watch as the wax paper moves with your breath, that’s what your vocal chord looks like!

**Make a stethoscope**
Using a paper towel tube, tape a large funnel inside the tube. Put the large end, the funnel end, against a friend’s heart and your ear against the paper towel end. What can you hear?

**For your infant and young toddler**
Your infant and young toddler are just beginning to notice the different parts of the body. Use these activities to help them along!

**Mirror play**
Using a large mirror, a floor mirror or bathroom mirror make great examples, allow your infant to sit and see their reflection. Your older infant will begin to recognize themselves. Point out their facial features and body parts, smile at them and with them, be excited and encouraging as they begin to notice themselves and you in the mirror.

**Treasure basket**
Buy or make bones for exploration. Allow your infant or toddler to freely explore the look, feel, and (inevitably) taste of the bones. This is both a sensory experience and a lesson in the parts of the body.

**Self-discovery box**
Offer your young toddler a box filled with pictures of themselves and your family. If applicable, ask them who each person is, ask them to find themselves, encourage and cheer when they do! Point out who everyone is, by name if they are very young.

**Face puzzle or blocks**
Using a clear picture of your child’s face, cut the picture into different, easy, puzzle pieces for your toddler. You can put this picture on a hard surface and support them in putting it together, or glue the pieces to easily stackable blocks (long lego pieces or mega blocs are perfect for this) and support them to stack the blocks together to make their face.

**Felt board faces and Mr. Potato Head basket**
For your young toddler, using felt face or body part pieces, allow them to freely explore and create with their felt pieces and felt board. For your infant, use infant-safe Mr. Potato head pieces as a provocation for your child to explore and manipulate.
What do sugary drinks do to your teeth?  
(age 3-9)

What you'll need:  
• 5 raw white eggs (you can also hard boil them)  
• 5 cups  
• Masking tape  
• Water, dark colored sugar-free drink, dark colored soda, dark colored fruit juice, orange juice

What to do:  
1. Pour your liquids (including the water) into their separate cups, label the cups  
2. Place 1 egg in each cup  
3. Store in a safe space and leave for 24 hours  
4. After 24 hours, take out the eggs and notice what the different drinks have done to them!

What it all represents:  
The hard shell around an egg is made of the same stuff our teeth are made of and protects the soft parts inside the egg, just like our enamel does for us. Sugar and acids break down the enamel on our teeth, causing cavities and tooth decay. Extend this experiment by brushing the teeth clean. Be careful! Don't drop the eggs!

How long is your small intestine?  
(this is an outdoor activity!)  
(age 2-9)

What you'll need:  
• A garden hose—or 2 if you have one shorter than 25 feet  
• Tape or marker  
• A tape measure with a safety lock

What to do:  
1. Lay out the entire length of the hose so it is straight and can be easily measured  
2. Adult holds the end of the tape measure at the end of the hose, child walks the tape measure 23 feet  
3. Use tape or a marker to mark the 23 foot mark  
4. Allow your child to bunch up the hose and hold it in front of their stomach, they can then see how long their small intestine is! Think of all the ways it might be bunched to fit.

How does bile break down fat?  
(age 2-10)

What you'll need:  
• Milk—at least 2% fat  
• Food coloring  
• Dish soap  
• Cotton ball  
• Large bowl

What to do:  
1. Pour the milk into the dish, drop food coloring into different areas of the milk, far away from each other  
2. Put soap on the cotton ball and place it soap-side down in the middle of the milk  
3. You will start to see the food coloring swirl around

What it all represents:  
Soap=bile  
Soap contains some of the same chemicals that bile contains, as the soap starts to break down the fat in the milk, the food coloring starts to swirl. This is what happens in your small intestine too! The bile circles the fat particles in an attempt to break them down.

Reading Connections
I Go To The Doctor Mekor Judaica  
Do I Have To Go To The Hospital? Pat Thomas  
Katie Goes to the Hospital Barbara Taylor Cork