



The Digestive System	Stomach
Videos Songs/Books Movement	Sid the Science Kid: Digestion Children's Hospital Field Trip Put Your Hands Up in the Air by Hap Palmer What Happens to a Hamburger? by Paul Showers Cosmic Kids Yoga – Star Wars Line Walk
Main Idea:	Your stomach, which is attached to the end of the esophagus, is a stretchy sack shaped like the letter J. It has three important jobs: <ul style="list-style-type: none">• To store the food you've eaten• To break down the food into a liquidy mixture• To slowly empty that liquidy mixture into the small intestine The stomach is like a mixer, churning and mashing together all the small balls of food that came down the esophagus into smaller and smaller pieces. It does this with help from the strong muscles in the walls of the stomach and gastric juices that also come from the stomach's walls.
Activity:	How does our stomach digest food?
Math:	Number Towers - Write numbers on paper cups from 1-10. Challenge your child to put them in order from 1 to 10 and/or from 10 to 1 by stacking them and making a number tower. How fast can you go?
Language:	Name Hop
Art:	Stomach Collage - Make a collage of favorite foods in our stomach. Draw a basic outline of a stomach on a sheet of construction paper. Give your child some old cooking magazines or print some pictures from the computer and with child safe scissors, let them cut out pictures of foods they like. Glue them onto the stomach.



Challenge:	Lay down and create an outline of your body. This can be drawn, use sticks, etc. Can you find where your stomach is? Have fun and be creative then post a picture of your body outline on Shutterfly.
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The Digestive System	Small Intestine
Journal Prompt:	The small intestine is very long. Draw a picture of something else that is also very long. Then, write your name on the back.
Main Idea:	The small intestine is a long tube that's packed inside you beneath your stomach. If you stretched out an adult's small intestine, it would be about 22 feet long. The small intestine breaks down the food mixture even more so your body can absorb all the nutrients. The grilled chicken on your pizza is full of proteins — and a little fat — and the small intestine can help extract them with a little help from three friends: the pancreas, liver, and gallbladder. Those organs send different juices to the first part of the small intestine. These juices help to digest food and allow the body to absorb nutrients.
Activity:	How Long Are Your Small Intestines? - Use rope, yarn, Legos, whatever, to measure how long your small intestines would be. You can try to estimate how many Legos it would take, how many moms, how many stuffed animals etc. to go 22 ft and then test it out to see if you were right.



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Math:	Race To Fill The Cup! - To play this game, you need objects for counting (beans, m&m's, legos), a cup for each player, and a die. Each player rolls the die and then adds that many items to their cup. The first one to fill the cup wins!
Language:	Letter Scavenger Hunt – Go on a walk through your house or through your neighborhood. Can you find all of the letters in the alphabet? Can you find all of the letters in your name? How many J's etc. can you find?
Art:	Sticker Lines - The small intestine is one long, wiggly, twisty line! Put paper on the wall or on the table and see what lines you can make.