

## Chapter: My Body

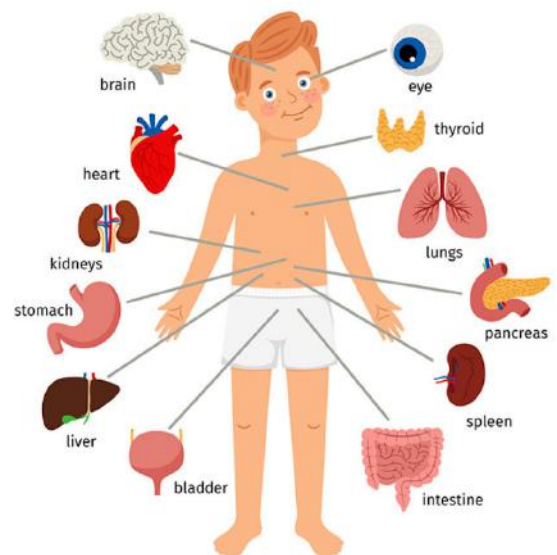
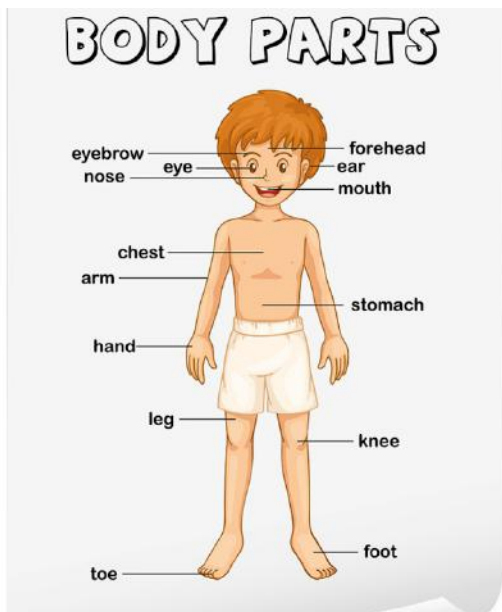
### Introduction:

Hello, Grade-1 friends! Today, we are going to explore a fantastic topic - "My Body." Our bodies are amazing, and they help us do so many things! Let's dive into the exciting world of understanding our bodies.

### Part 1: Parts of My Body

Our body has many parts, and each part has a special job.

- **Head:** The head is on top, and it holds our face. We have eyes to see, a nose to smell, ears to hear, and a mouth to talk and eat.
- **Arms and Hands:** We have two arms, and at the end of each arm, we have hands. Our hands can grab, hold, and do so many things like drawing and writing.
- **Body:** Our body is in the middle. It's where our tummy, chest, and back are. The body helps us stand, sit, and move around.
- **Legs and Feet:** We have two legs that help us walk and run. At the end of our legs, we have feet. Our feet help us balance and jump.



### Part 2: Taking Care of My Body

Now that we know the parts, let's talk about how we can take care of our bodies.

- **Eating Healthy:** Eating fruits, vegetables, and other good foods helps our body stay strong and healthy.
- **Cleaning Up:** Taking a bath and brushing our teeth are ways we keep our bodies clean.
- **Resting:** Getting enough sleep helps our bodies rest and be ready for a new day.

- **Playing and Moving:** Running, jumping, and playing games are fun ways to keep our bodies active and strong.

Remember, our bodies are incredible, and it's essential to treat them with kindness and care. Exploring and understanding our bodies is an exciting journey!

Have fun, Grade-1 friends!

