



# Worksheet

No. (1 )

Name :

Subject:

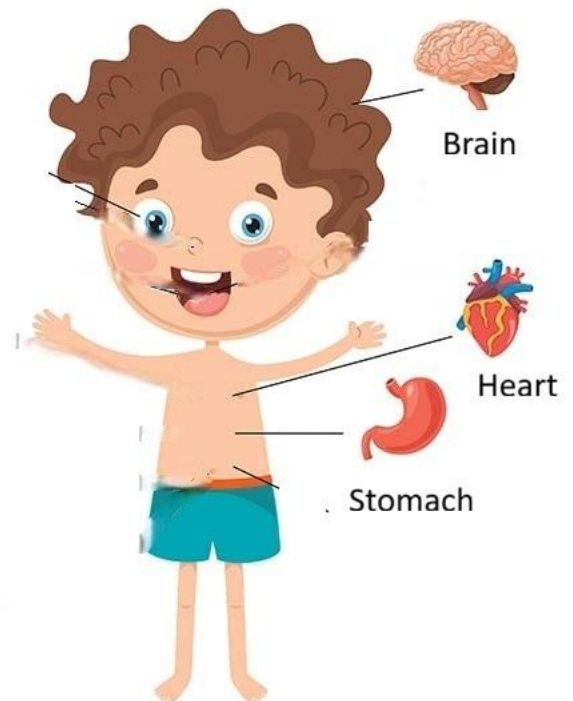
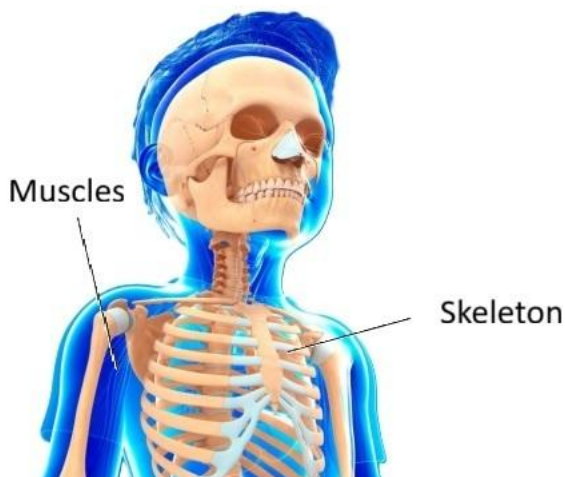
Theme 2: Understanding Ourselves

Class:

Four

Date:

## Theme 2: Understanding Ourselves



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### Our Body is Like a Machine

Our body has many parts. Some are outside, like our skin and eyes. Some are inside, like the brain, heart, and stomach. All the parts work together to keep us alive.

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## **The Brain**

- The brain controls everything.
  - It helps us think, feel, move, and learn.
  - It sends and receives messages through nerves to all body parts.
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## **The Heart**

- The heart is a strong muscle.
  - It pumps blood to all parts of our body all the time.
  - Blood gives oxygen and food to our body.
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## **The Stomach**

- The stomach digests food.
  - It breaks food into energy.
  - Energy helps us walk, run, and grow.
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## **The Skeleton**

- Bones support our body and give us shape.
  - They protect important parts like the brain and heart.
  - We have about 206 bones when we grow up.
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## **The Muscles**

- Muscles help us move.
  - We have over 650 muscles.
  - Muscles are joined to bones with tendons.
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# Exercises

## 1. Circle the Correct Answer:

- a) What part helps you think? ( brain / heart / hand )
- b) What part pumps blood? ( stomach / brain / heart )
- c) What part sends messages to all body parts? ( brain / heart / stomach )
- d) What part helps you move? ( muscles / stomach / ear )

## 2. Match the Body Part to What It Does:

Brain	Pumps blood
Heart	Digests Food
Stomach	Thinks
Skeleton	Move
Muscles	Gives us shape

**3. Color the Box if the sentence is TRUE:**

The skeleton helps protect our brain. ☐

The heart helps us hear. ☐

Our brain helps us think. ☐

We walk with our stomach. ☐

We have over 650 muscles. ☐

The heart is a strong muscle. ☐

*Best Wishes*  
*Your Teacher Jameela*