



## External and Internal Organs

### External Organs (Outside the Body)

External organs are the body parts that we can see and touch.

**Examples:**

- **Head** – Protects the brain.
- **Eyes** – Help us to see.
- **Ears** – Help us to hear sounds.
- **Nose** – Helps us to smell.
- **Mouth** – Helps us to eat and talk.
- **Hands** – Help us to hold things and work.
- **Legs** – Help us to walk, run, and jump.

### Internal Organs (Inside the Body)

Internal organs are inside our body, and we cannot see them. They help our body work properly.

**Examples:**

- **Brain** – Helps us to think and remember.
- **Heart** – Pumps blood to the whole body.
- **Lungs** – Help us to breathe.
- **Stomach** – Helps to digest food.
- **Bones** – Give shape and support to our body.