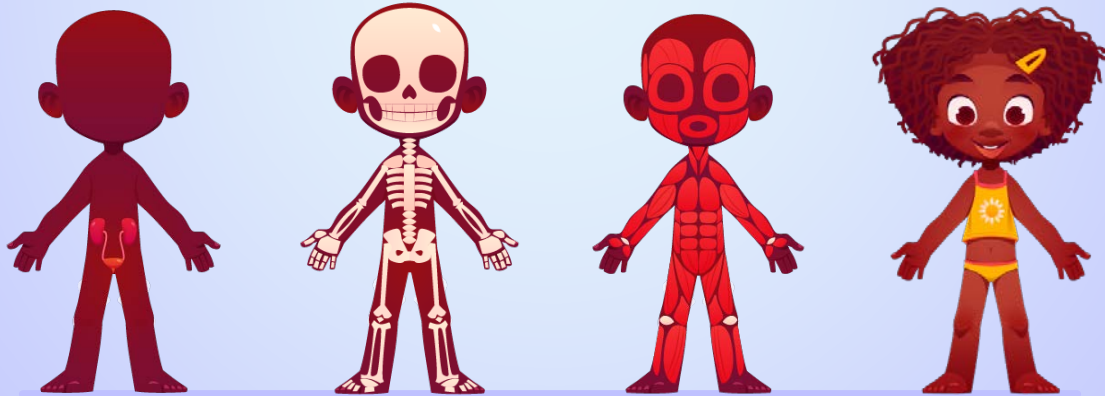
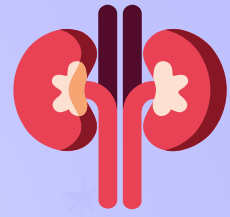


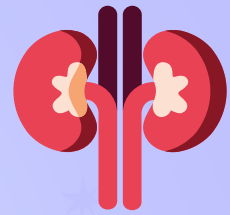
My Body Helps Me





Our body has many parts.
Each part of our body is useful.
Different parts of our body help us to do different works.
Let us know how do the different parts of the body help us.



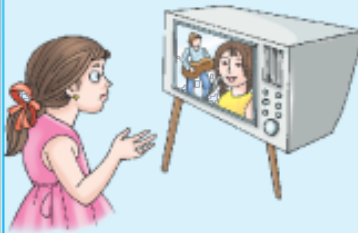


Head



My head bears
brain, mouth and
sense organs.

Eyes



My eyes help me
to see.

Nose



My nose helps me
to smell and
breathe.

Mouth



My mouth helps me
to eat and talk.

Ears



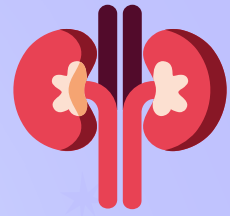
My ears help me
to hear.

Neck



My neck helps me
to move my head.

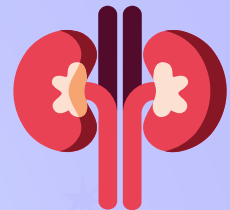




Hands and Fingers

I have two hands. Each hand has four fingers and a thumb. I do the following activities with my hands—





They help me



to write.

They help me



to hold things.

They help me



to pull and
push things.

They help me



to throw things.

They help me



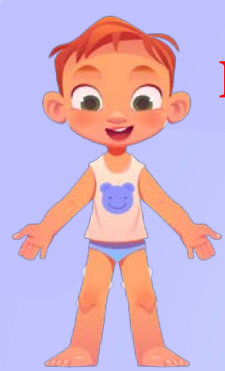
to eat food.

They help me



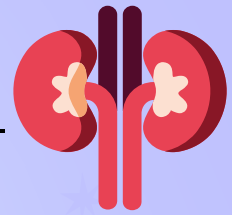
to lift things.





Legs

I have two legs. With my two legs I do the following actions—



They help me



to walk.

They help me



to run.

They help me



to jump.

They help me



to dance.

They help me



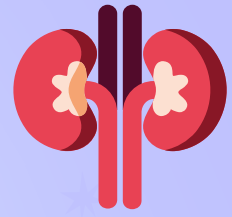
in skipping.

They help me



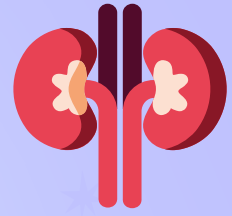
to kick things.





Many parts of our body move together when we play or work. Each part works in a special way.





Fact File

- Animals and plants also use their body parts to do different activities. Wings help birds to fly. Leaves help plants to make food.



Things to Remember

- Every part of our body is important and helps us to do various works

