

Crayola.com Inspiring Ideas

What's Inside of Me?



Crayola Supplies

- Washable Markers
- Colored Pencils (optional)
- Crayons (Regular) (optional)

Other Supplies

- recycled newspaper
- masking tape
- grocery bags
- newsprint paper

Why?

When kids focus on what's inside their bodies, they begin to understand their amazing anatomy and realize ways that all humans are the same.

How?

1. Choose a smooth, hard surface with enough space for you to lie down. Cover the area with newspaper.
2. Unroll newsprint paper the length of your body and tape it down with masking tape. Or open several paper grocery bags and tape them together, making a space big enough for you to lie on.
3. Carefully lie on your back on top of the paper. Ask an adult or a friend to trace the outline of your body with Crayola® Washable Markers. Stand up slowly so the paper doesn't rip.
4. With Crayola® Colored Pencils, Markers, and/or Crayons, draw the parts of your body that you don't see, such as your blood, bones, heart, and brain. Look in books, on the Internet, or talk with grown-ups about what's inside of you.

When and Where Suggestions?

- "My daughter had a lot of questions for our pediatrician about her heart after we traced her body." Khaliah H., mom of 4-year-old.
- "We used this idea after a child came in with a broken arm. Everyone better understood what happened." Brad M., after-school program volunteer.

Interesting Information

On the average people's hearts are about the size of their two fists clenched together. There are about 100,000 miles (160,000 km) of blood vessels that transport blood in humans. With more than 200 bones in your body, imagine what you would look like if you were boneless!

Safety Guidelines

Safety guidelines recommend this art project is suitable for all ages of children, including those 3 years and younger. Whenever an art project is done with children ages 3 or younger, close adult supervision is required to ensure safety.

Related Books

How the Body Works by Steve Parker

My First Body Book (see-through pages) by Melanie & Chris Rice

Some Body! (fold-out pages) by Pete Rowan

Your Insides (overlays) by Joanna Cole

The X-Ray Picture Book of Your Body by Kahtryn Senior

Related Videos

The Magic School Bus For Lunch.

Fantastic Voyage

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