



MY BODY – X-RAY EXPLORATIONS

Materials you need:

- A packet of cotton buds (Qtips) You may need more if doing this activity with a large group.
- Black cardboard cut into a4 sizes (roughly)
- A few real x-ray images if you have them (or some printed pictures or photos)
- White crayons
- PVA glue in squeeze bottles

Setup for play:

- If you have some real x-rays (or photos) sit down with the children and look at the bones – identify the body part and point out the same bones on your body and the children's and explain that the x-ray takes a photo of the bones under your skin..
- Help them to make their own foot or hand 'x-ray' by tracing around the body part in white crayon on the black card.
- Encourage the children to now stick some cotton buds inside the outline to create their 'bones'.
- Keep in mind this isn't about perfection – it's about the process. You will no doubt find that older children want to copy the exact number of bones they see in the real xray but younger children will probably fill their foot or hand with bones!
- This is a good time to talk about how we look after our bones and that physical activity actually helps to strengthen our bones.

What are they learning with this activity?

As the children investigate bones and create x-rays they are learning to:

- Use hand/eye coordination skills
- Recognise symbols and how things can represent other things
- Strengthen fine motor muscles, visual motor integration and control
- Use descriptive language to name the bones and parts of their body
- Become aware of connections, similarities and differences between people
- Explore the unique aspects of their identity through simple actions and play
- Better understand the human body and how it works
- Explore simple scientific concepts through play and hands on investigation

Extending the play:

- Talk about calcium and the role it plays in helping our bones to stay strong.
- Research videos and photos of x-rays and bones on the internet and count the number of bones in each one when you find images. Name and label the bones on a piece of paper.
- Try a more challenging project by [making these DIY x-rays](#) using recycled cereal boxes.

