

Family Activity: *The World Inside Me*

The World Inside Me is a musical that explore the cells, senses and intestines of the human body for ages [0-2](#) and [2-4](#). In this Family Activity, deepen your exploration by writing your own song, learning about your organs and creating your very own body map.

AT HOME

The World Inside Me uses gentle interactive play, live music, dance and visual effects to illustrate the inner life of growing bodies. In this activity, explore your body through song.

[For Ages 2 – 4](#)

Step One: Ask each person to think of a body part and say it out loud. Then, ask them to make the sound they think that body part makes.

Example:

Body part – Heart!

Sound – Thump thump.

Step Two: Ask them to think of an action that matches the organ and sound.

Example:

Organ – Heart!

Action – Tap your chest with an open hand and say thump thump.

Step Three: Ask everyone to remember their organ, sound and gesture. Then add it to this song, which follows the rhythm of [Baby Shark](#).

Here's my (insert organ name), doo doo doo doo doo doo.

Here's my (insert organ name), doo doo doo doo doo doo.

Here's my (insert organ name), doo doo doo doo doo doo.

Here's my (insert organ name)!

It goes (insert sound), doo doo doo doo doo doo.

It goes (insert sound), doo doo doo doo doo doo.

It goes (insert sound), doo doo doo doo doo doo.

It goes (insert sound)!

Let everyone take a turn with their organ.

We chose a heart as an example:

Here's my heart, doo doo doo doo doo doo.

Here's my heart, doo doo doo doo doo doo.

Here's my heart, doo doo doo doo doo doo.

Here's my heart!

It goes thump thump, doo doo doo doo doo doo.

It goes thump thump, doo doo doo doo doo doo.

It goes thump thump, doo doo doo doo doo doo.

It goes thump thump!

Watch [Mac](#) perform this example song.



BONUS: Keep adding more organs. Have everyone think of two or more verses for their turn in the song.

[For Ages 0–2](#)

As a modification for the non-verbal little ones in your household, sing the song above and fill in the blanks yourself. When singing out loud, point to the place on your body where the organ is and repeat the line while pointing to the location of the organ on your kid’s body. Watch [Llewyn](#) in our example here.

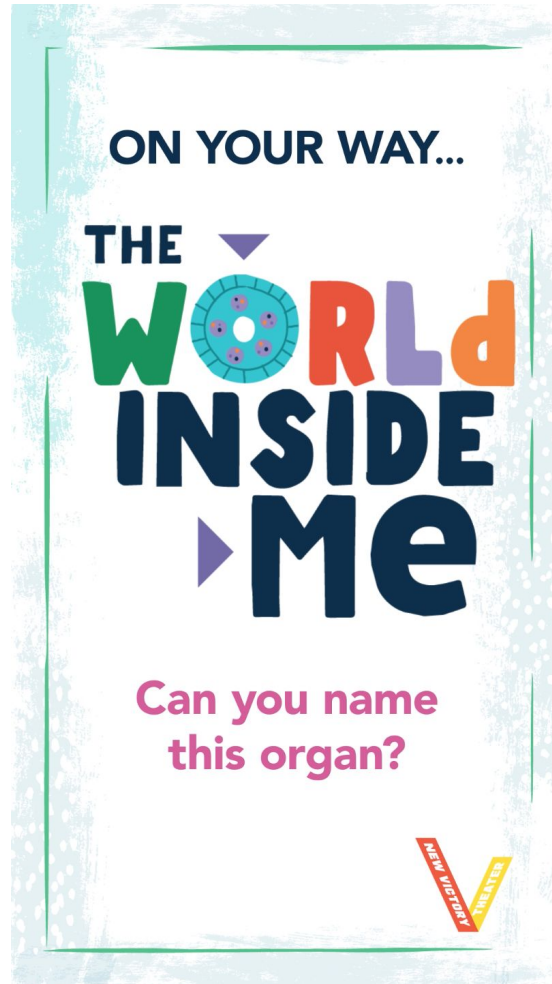


ON YOUR WAY

Before seeing *The World Inside Me*, test your knowledge of what you already know about your body and learn some American Sign Language.

Step One: Watch this [video](#) and be ready to identify organs in the body, point to their location and practice the sign for it. The video will play on a loop, but hit pause if you need more time with a specific organ.

Step Two: After you have learned about two or three organs, pause the video and see how much you can remember. Talk about which organs are your favorite and why.



AFTER THE SHOW

Here are some discussion questions to have with your family after the show:

- What was your favorite part of the show and why?
- Did you have a favorite song from the show?
- What body parts were spoken about in the show?
- What are some things the performers did that made you happy?
- Did you learn anything new?

For Ages 2 – 4

You have sung along, played along and learned some new things about your body. Now it's time to make your very own body map!

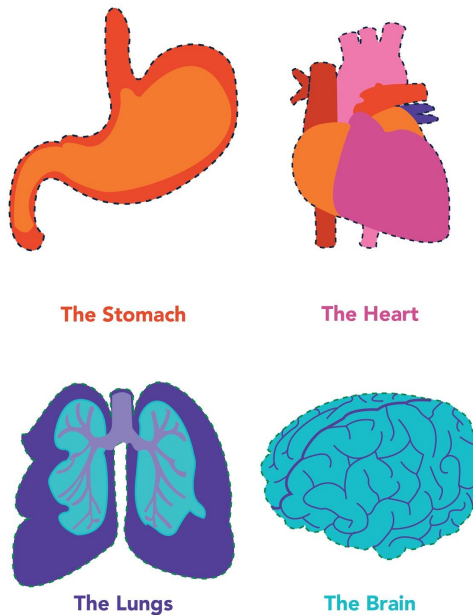
Materials: One large sheet of paper per kid, markers or crayons, scissors, [Organ Sheet](#), glue or tape, plain paper

Step One: Lay out your large pieces of paper, one for each youngster in your household.

Step Two: Have the kids lay on their own piece of paper and ask them to strike a pose as you trace their body outline with a marker on the paper.

Step Three: After they've taken a look at your masterpiece, supply them with crayons or markers to draw their hair, shoes, bracelets or anything else they want to add to personalize it. Leave the center of the body empty. We have another plan for that part!

Step Four: Print out this [Organ Sheet](#) for each participant and cut out the shapes.



Step Five: Place the organs on the map after asking them a few questions.

- First, ask if they know the name of the organ.
- Ask if they have a sound they associate with it. Make the sound together as a family!
- Give them tape or glue and ask them to place the organ where they think it goes.
- Repeat this for all of the organs provided.

Step Six: Make up more things to put inside or outside of the body. Kids can draw the organs or items themselves, or a caretaker could inspire them with a Google image search. Continue to repeat **Step Four** once their newly made items and organs are completed.

Here is a list to inspire you and your family's creativity for this section.

Don't forget to source some inspiration from the little ones before you dive into this list. See what they know or remember from the show!

- Intestines
- Kidney
- Liver
- Bones
- Poop
- Mouth
- Ears
- Eyes
- Bandage

For Ages 0–2

For the 0-2 modification, print out the different organs, cut them out and go through each organ one by one using some of these ideas:

- Lungs: Put the image of the lungs in the correct place on your body. Point to it. Point to where your child's lungs are. Say the name of the organ. As you point take a few deep breaths. See if your child will mirror your action of breathing in and out.
- Heart: Put the image of the heart in the correct place on your body. Point to it. Point to the same place on your child's body. Say the name of the organ. Use their hands to clap out a heartbeat.
- Stomach: Put the image of the stomach in the correct place on your body. Point to it. Point to the same place on your child's body. Say the name of the organ. Make some tummy rumbling sounds. For a fun bonus, eat a bite of food and pretend you can feel it traveling to your stomach. If your child is eating solids, offer them a nibble too!
- Brain: Put the image of the brain in the correct place on your body. Point to it. Point to the same place on your child's body. Say the name of the organ. Go on a sensory journey!
 - Sound: Sing the song from the At Home activity,
 - Smell: Sniff the food you are about to eat,
 - Sight: Go around the room, pointing at different items and saying their color.
 - Feel: Go around the room and touch different textures
 - Taste: Eat two different yummy snacks and think about salty versus sweet.

BONUS: Print out other organs that you have researched from the longer list above and think of some fun actions to go along with it.

AND BEYOND

- Learn more about health and the digestive system Children’s Museum of Manhattan’s [EatSleepPlay™](#) exhibit.
- Have some fun hands on experiences about health, evolution and the body at the [New York Hall of Science](#).
- During the month of June, check out the special exhibition at the American Museum of Natural History entitled [Inside You](#).
- Have fun learning more about the body at [Kids Health](#).