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My Body 我的身體

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How Our Bodies Work

Grade 1 students spent four weeks exploring the topic of *My Body* through fun, hands-on activities. They began by learning about healthy habits and how to keep their bodies strong and growing, including daily routines like eating well and staying active. Students also created *healthy habits posters*, which are now displayed in the classroom to help teach and remind others about making good, healthy choices.

Students then reviewed the five senses, using interactive activities to better understand how we explore the world around us. When learning about hearing, they explored sound waves and how our ears work, and created their own *sound wave phones* using paper cups and string to see how sound travels.

The project ended with a focus on touch and textures, where students learned about the skin and how it helps us feel different sensations. They explored a variety of textures such as soft, rough, smooth, and bumpy, and described how each one felt. Students then created their own *textured hands*, using different materials to represent these textures.

This engaging project helped students build a stronger understanding of their bodies through creativity, exploration, and hands-on learning.

身體運作方式

一年級學生透過為期四週的學習單元，以有趣且富有實作性的活動探索「我的身體」。課程一開始聚焦於健康習慣的建立，學生瞭解如何透過日常生活中的良好作息，如均衡飲食與規律活動來促進身體的健康與成長。同時，學生也製作健康習慣海報，並展示於教室中，作為彼此學習與提醒做出健康選擇的資源。

接著，學生複習五感概念，並透過互動式活動深入理解我們如何感知與探索周遭環境。在聽覺單元中，學生認識聲波的基本概念以及耳朵的運作方式，並動手利用紙杯與細繩製作簡易「傳聲電話」，實際觀察聲音的傳遞過程。

此專題最後聚焦於觸覺與各種材質的感受。學生學習皮膚的功能，以及它如何幫助我們辨識不同的感覺。他們實際體驗多種質地，例如柔軟、粗糙、光滑與凹凸不平，並練習描述各種觸感。最後，學生運用不同素材創作「觸感明顯的手」作品，呈現各種質地的特性。

此專題透過創意表達、主動探索與實作經驗，協助學生更深入地認識並理解自己的身體。

1 ASK + IMAGINE 提問 + 創思

Good habits keep us healthy and growing. Our posters remind everyone to choose healthy habits.

良好的習慣能讓我們保持健康並持續成長。我們的海報提醒大家做出健康的好選擇。



3 PLAN 計畫

We explored how we use our five senses to learn about the world around us.

我們探索如何運用五感來認識與理解周遭的世界。



4 CREATE 創造

We made sound wave phones with string and paper cups, and testing them was the best part.

我們用紙杯和細繩製作了聲波電話，而實際測試的過程是最有趣的部分。



5 IMPROVE 改進

We explored textures and made "hands" to show them.

我們探索各種不同的觸感，並製作「手」來呈現這些質地。

