

The Human Body Systems

The human body is an amazing machine made of many different parts working together! Each system has a special job to do, and they all cooperate to keep us alive, healthy, and strong every single day.



Skeletal System



What Are Bones?

Your skeleton is made of **206 bones** that fit together like puzzle pieces! Bones give your body its shape and help you stand tall, run fast, and move around.

The skeletal system also acts like a protective shield for your most important organs—your skull guards your brain, and your ribs protect your heart and lungs.



Muscular System

Over 600 Muscles!

Your body has more than 600 muscles that help you do everything from lifting a pencil to running across the playground.

Always Working

Muscles work when you smile at a friend, blink your eyes, breathe air, or give someone a high-five!

Strong & Flexible

Muscles and bones work as a team—your muscles pull on your bones to make your body move in amazing ways.

Circulatory System



Your Body's Delivery Service

The circulatory system is like a delivery truck system inside your body! Your **heart** is an incredible pump that beats about 100,000 times every day.

Blood travels through tubes called blood vessels, carrying oxygen and nutrients to every part of your body—from your head to your toes. It also picks up waste and carries it away!



Respiratory System

01

Breathe In

Air enters through your nose or mouth and travels down to your lungs.

02

Oxygen Exchange

Your lungs grab the oxygen from the air and send it into your blood.

03

Breathe Out

Your body releases carbon dioxide (the waste gas) when you exhale.

You breathe about 20,000 times every day without even thinking about it! Your lungs are the main organs that make breathing possible.



Digestive System

Turning Food Into Energy

When you eat an apple or a sandwich, your digestive system gets to work! It breaks down the food into tiny pieces your body can use for energy, growth, and staying healthy.

1

Mouth & Stomach

Chewing and stomach acids break food into smaller pieces.

2

Intestines

Your small and large intestines absorb nutrients and remove waste.

3

Energy!

Your body uses the nutrients to run, play, think, and grow!

Nervous System

Your Body's Control Center

The nervous system is like the body's computer and messaging system all in one! Your **brain** is the boss, your **spinal cord** is the main highway, and your **nerves** are like roads carrying messages everywhere.

This amazing system controls your thinking, movement, feelings, and senses. It helps you learn new things, remember your best friend's name, and even feel when something is hot or cold!



Immune System

Your Body's Defense Team



Protection Squad

Special cells patrol your body looking for germs and invaders that could make you sick.



Fighting Back

When germs try to attack, your immune system fights them off to keep you healthy and strong.



Learning & Remembering

Your immune system remembers germs it has fought before, so it can defeat them faster next time!





All Systems Work Together

Every system in your body is connected and depends on the others! When all your systems work together as a team, you feel great and can do all the things you love.

Important Connection: If one system has a problem, it can affect the whole body. For example, if your respiratory system isn't working well and you can't breathe properly, you might feel tired because your body isn't getting enough oxygen!





Keeping Your Body Healthy



Eat Nutritious Food

Choose fruits, vegetables, whole grains, and protein to fuel your amazing body systems.



Drink Clean Water

Water keeps every system running smoothly—try to drink 6-8 glasses each day!



Exercise Regularly

Moving your body makes your muscles, heart, and lungs stronger. Play outside and have fun!



Get Enough Sleep

Your body repairs and grows while you sleep. Kids need 9-12 hours of rest every night!