SUPER FAB LAB INVESTIGATION:
Muscles Investigation

Episode: I Have Muscles Where?
Cycle: Human Body

Purpose (What We’re Going to Explore and Learn)

• Every move we make requires muscles. In this investigation, we make a few different moves and pay close attention to the muscles we’re using.

Materials (The Stuff We Need)

• An object that’s a little bit heavy but able to be carried safely by a child
• Apples or another snack

Procedure (What to Do)

1. Talk about the muscles children think they’ll use when they carry the object you’ve chosen across the room. Write down their ideas.
2. Then have a child lift the object and carry it across the room. If other children are present, they can observe and name muscles and body parts the child is using (e.g., arms, legs, hands, fingers, feet, toes, etc.).
3. Look back at your list. Do you need to add some new muscles?
4. Now think about eating an apple. What muscles will you use? Again, you can write down your ideas.
5. Let each child eat an apple. Which parts of their bodies are they using? Where are the muscles? Don’t forget the muscles you used to lift the apple into your mouth. If children have recently done the stomach investigation, they might even remember that their stomach muscles are at work digesting the apple!

Other Stuff You Might Want to Know or Do

• Many of our muscles, like our hearts, work without our even thinking about it. Involuntary muscle movements are hard to observe so they’re easy to forget about. You can remind children that muscles are working in our bodies all the time, even when we’re asleep.
• On the show, Teacher Susie shows the children a poster that illustrates the muscles under the skin. If your child would like to see more, the library and the internet are great resources.
• If you have children who like to learn new, big words, you can research and learn the names of a few of the major muscles. They might like knowing that the muscles in their upper arms are called biceps and triceps! Don’t forget to use the new vocabulary words often.