



# MY BODY BELONGS TO ME



This show is very special as it's all about our bodies – how they work and how we use them. We will look at different parts of our bodies, including our brains and how we think, feel and make decisions.

The audience will meet 2 children who look ready to go swimming. That is when we see the most of the outside of a person's body. The parts we can't see are covered by their costumes as those are their private body parts. The word private means 'only for you'. That means for your eyes only and only for you to touch. Now we want to look at some of the parts we find inside our bodies, called our organs. Here we can see the oesophagus, lungs, heart, stomach, liver, kidneys, intestines and the bladder. But let's take a look at these intestines. Do you know how long they actually are? Let's take a look and see. We are going to look at the heart. A muscle that keeps beating and pumping our blood around our bodies. Here we can see blood being pumped around our bodies. Arteries carry the blood from our hearts to all the different body parts and then the veins carry the bold back to the heart where oxygen will be pumped back into the blood and so it goes through our bodies again and again and again. If our heart stops pumping what will happen?





That is why it is important to keep our bodies healthy – we need to eat a balanced diet, drink lots of water, a good nights' sleep and exercise. It is also very important to keep our bodies clean, brushing our teeth and washing hands is crucial.

All these organs we have talked about are very soft and need to be held together by hard strong parts – what do you think they are? Bones and our skeleton. Let's take a look at a skeleton. Even though we have strong bones in our bodies, our bodies are very flexible because we have joints which allow us to bend and move and be flexible. Inside the theatre, the audience will meet puppets who discuss secrets. Not all secrets are safe to keep. If someone hurts you or does something to you that you do not like and then says you mustn't tell anyone. That is a bad secret. You must tell someone you can trust. Like someone in your family, or a teacher at school. Sometimes people you know and really like can try and touch you in a way that feels uncomfortable. Then you must say NO! My body belongs to me and I can decide who touches me. And if they don't listen you must tell someone you can trust. That is very, very important.

Let's take a look what's inside our heads. Look at our brain – where we make decisions! But let's take a look at the tongue. The tongue is covered with 1000's of taste buds. It is the only muscle in human body that works without any support from the skeleton. The tongue is THE STRONGEST muscle in the entire body. However, it is at the same time, one of THE MOST sensitive muscles as well. And we need to be very careful with our tongues too because our tongues help us to talk. We can choose whether we use our tongues to say kind words that make others happy or ugly words that hurt others. So most importantly we need to be grateful for our bodies and all the things we can do. We need to look after our bodies and use them to help and care and love one another!

For more information and bookings please contact:  
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