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extract from

Outside in

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published by

Frances Lincoln

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Outside In

A lift-the-flap body book



Clare Smallman
Illustrated by John Shelley

FRANCES LINCOLN
CHILDREN'S BOOKS

Skin all over

Your skin is very thin but very tough. Some people have black skin, some have brown and some have pink skin.

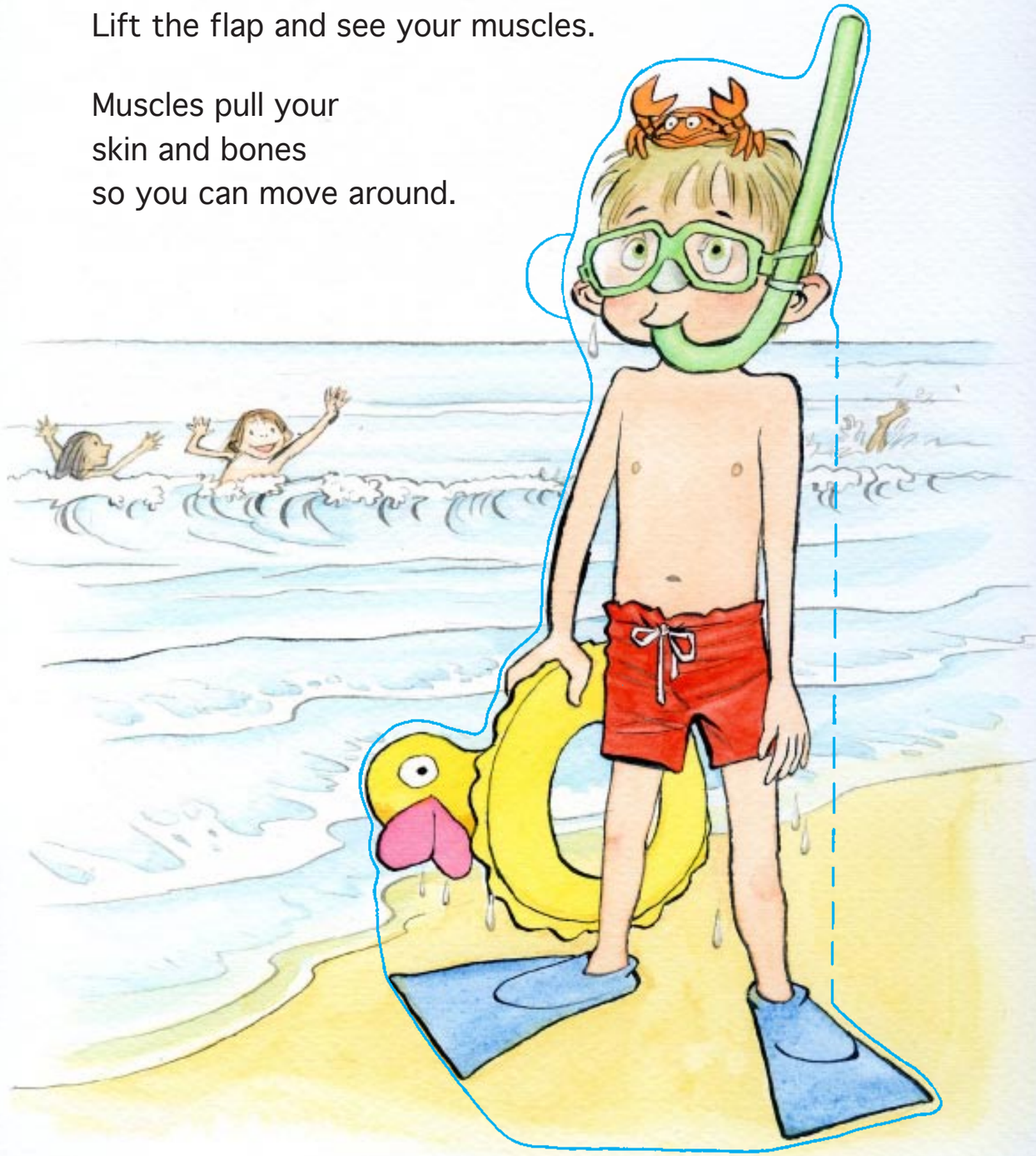
Skin has folds and can stretch like elastic. It keeps your insides in and germs and water out. Look at the folds of skin in the palm of your hand.

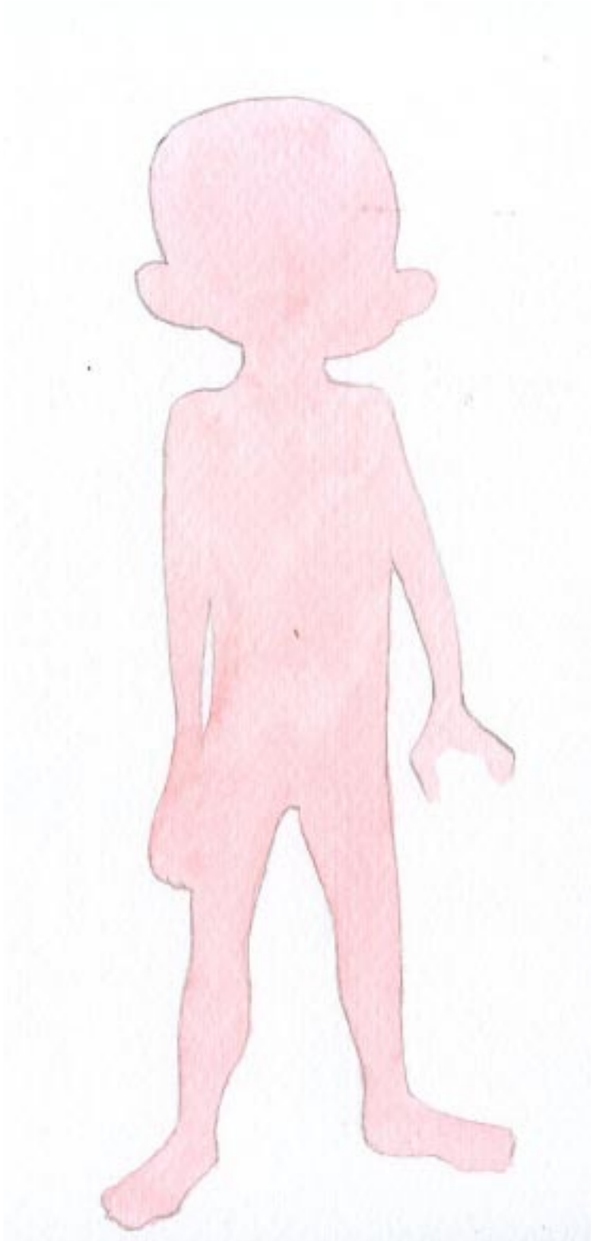
All skin has oil in it. Your hands and feet don't have so much oil, so when you stay in the water they get wrinkled.



Lift the flap and see your muscles.

Muscles pull your
skin and bones
so you can move around.

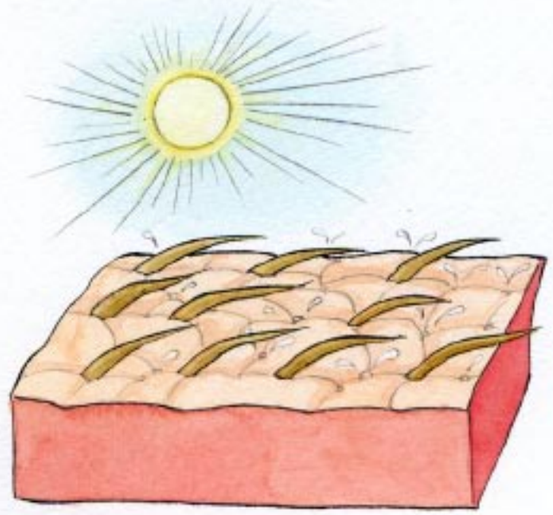




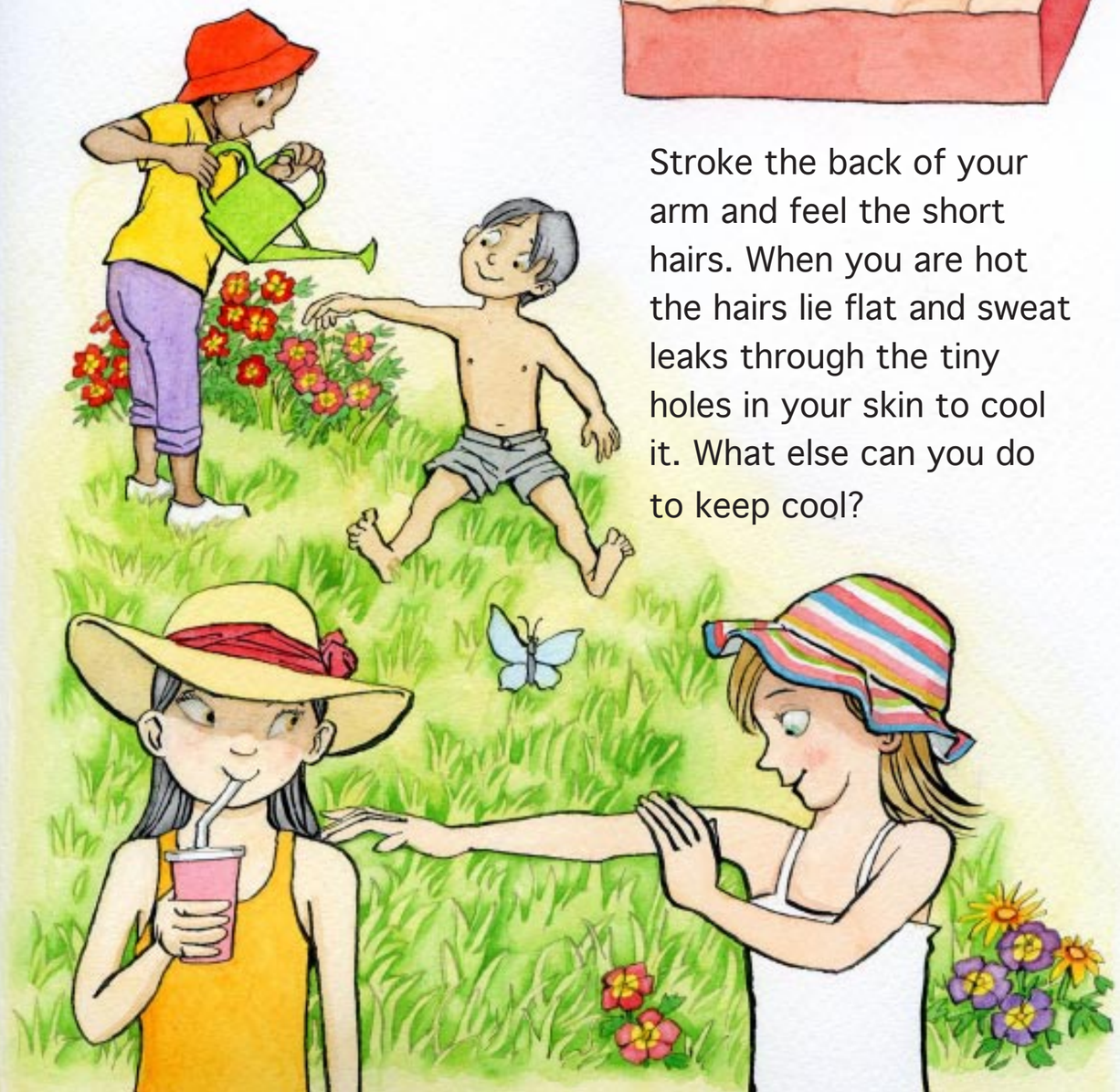


Keeping cool

When you feel hot your body makes sweat to cool you down. Put a little water on your arm and let it dry: which arm feels cooler?

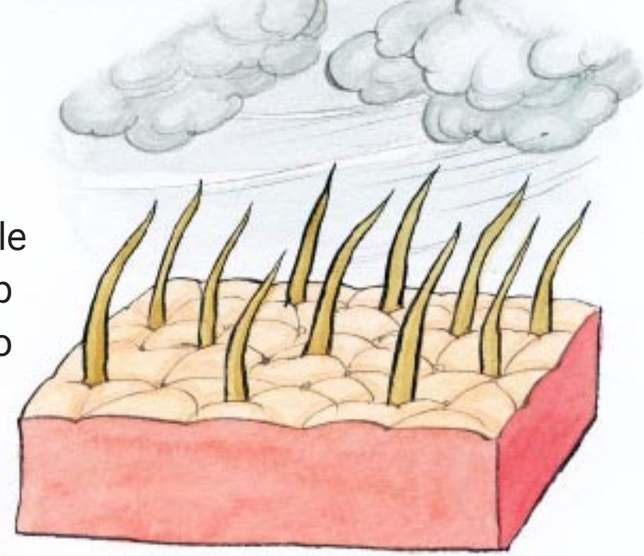


Stroke the back of your arm and feel the short hairs. When you are hot the hairs lie flat and sweat leaks through the tiny holes in your skin to cool it. What else can you do to keep cool?



Keeping warm

When you are cold the little hairs on your skin stand up to try and trap warm air to keep you warm.

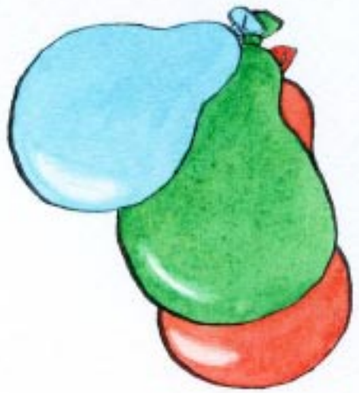




Can you see the little bird fluffing up its feathers to keep warm? Scarves and clothes and gloves are even better at trapping air to keep you warm.



Breathing



You suck air in and blow it out all day
and all night. That's breathing.
Watch your chest move as you breathe.
Fresh air rushes in through your nose
or mouth when your chest moves out.
Air goes down your windpipe to lungs
in your chest.



There is a flap in the pipe and when
you eat, it shuts like a lid to stop food
from going down into your lungs.
Your lungs are in a cage of ribs.
How big do you think they are?
Open the rib cage to find out.



