

My Skin

My skin is a very large organ. It covers every inch of my body. When I am an adult, I will have about seven pounds of skin!

My skin is a cover for my body. It is thick and strong. Most of the time my skin keeps my body from getting hurt. If I do get hurt, and my skin is cut or scraped, my body can make new skin to take its place. My skin is growing all the time.

If I look closely at my skin, I can see many things. I can see hairs. I can see wrinkles. I can also see tiny holes called pores. My pores let water from inside my body come out on my skin. This water is called sweat. My body gets rid of liquid waste by sweating through my pores. Sweat also helps to keep my body from getting too hot or too cold.

I have many nerve endings in my skin. These nerve endings send messages to my brain. I can feel different things because of these nerve endings. I can feel heat and cold. I can feel pain. And — I can feel touch, like when I get hugged!

My Eyes

My eyes see for me. They are like little cameras that take a picture and send the picture to my brain. Then, my brain tells me what I have seen. My eyes show me things that look pretty, like a tree, and things that help me learn, like books.

My eyes have tears that help to clean them when they get dirty. My tears also wet my eyes every time I blink. This way, my eyes won't get too dry. Tears in my eyes also show when I am sometimes sad or hurt.

My eyes show me many things.

My Nose

My nose smells for me. It helps me smell the smells I like and the smells I don't like. I can smell flowers and I can smell burnt toast. My nose sends the smells to my brain, and my brain tells me what I have smelled.

My nose also cleans and warms the air I breathe. Inside my nose, I have little hairs to catch dirt and dust. I also have a thick, sticky liquid called mucus that catches the dirt and dust that get past the little hairs. Sometimes the dirt and dust make me sneeze!

My Ears

If I look closely at the word "hear," I can see the word "ear" in it! My ears hear for me. They can hear very loud sounds. They can even hear very, very quiet sounds.

The part of my ear that I can see catches all kinds of sounds. It sends the sounds to the rest of my ear, which is inside my head. My ears change the sounds into nerve messages. These nerve messages are then sent to my brain. My brain tells me what I heard!

My Tongue

My tongue helps me do many things. It helps me chew and swallow. It helps me speak. My tongue also helps me taste.

The top side of my tongue has tiny nerve endings on it. These nerve endings are called taste buds. My taste buds help me taste things that are sweet or salty. They also help me taste things that are sour or bitter.

My nose helps me know what I have tasted, too. Did you know that if I blindfolded you and put a piece of pear in your mouth and let you smell an apple, you would think you ate an apple!