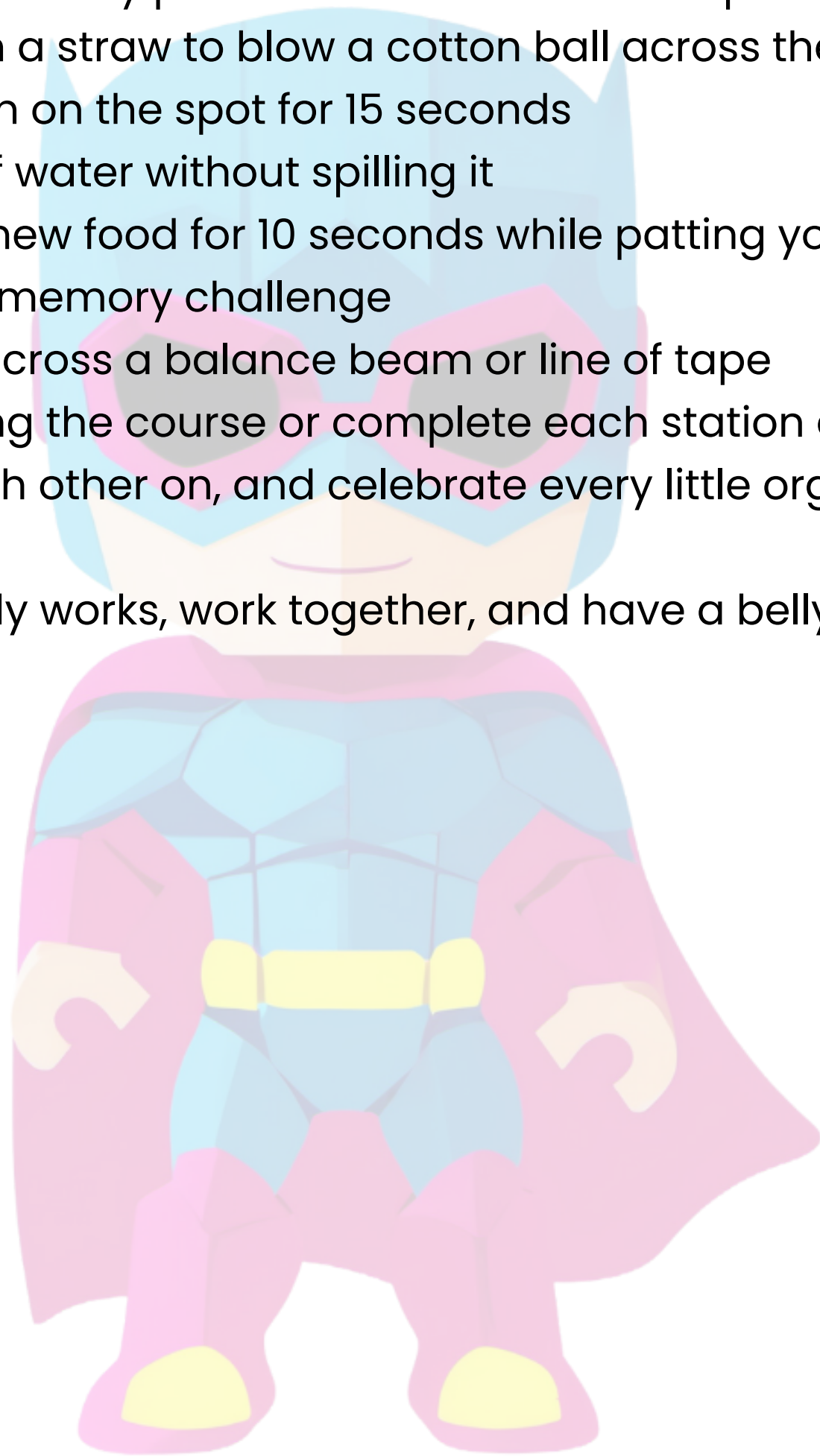


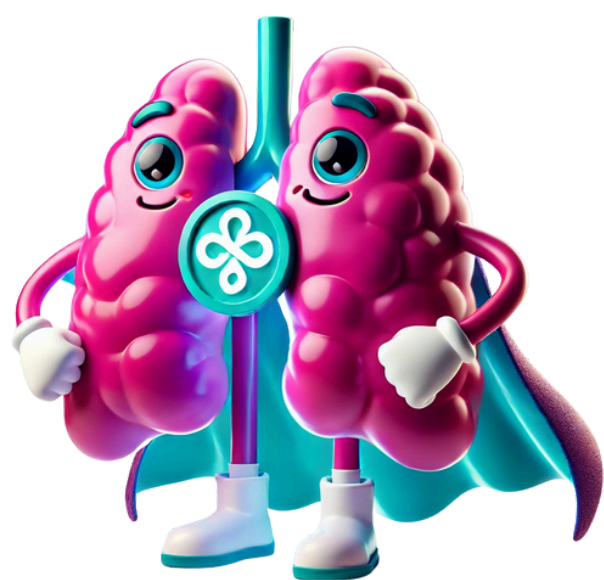
Organ Relay Race

✿ How to Play – Organ Relay Race!

1. Print out the station signs and set up your race area – this could be in the backyard, school gym, or even a living room obstacle course!
2. Create a station for each organ using our fun printable prompts and props (or DIY with things you have at home!).
3. Each station represents a body part – here are some examples:
4. Lungs – Breathe through a straw to blow a cotton ball across the table
5. Heart – Jump rope or run on the spot for 15 seconds
6. Kidneys – Carry a cup of water without spilling it
7. Stomach – Pretend to chew food for 10 seconds while patting your belly
8. Brain – Solve a riddle or memory challenge
9. Bones – Walk carefully across a balance beam or line of tape
10. Players take turns running the course or complete each station as a team!
11. Time yourself, cheer each other on, and celebrate every little organ-powered victory!

🏆 Goal: Learn how your body works, work together, and have a belly-full of laughs while doing it!





Lungs Station

Use a straw to blow a cotton ball or ping pong ball across the table or floor. Your lungs help you breathe in air and blow things out!

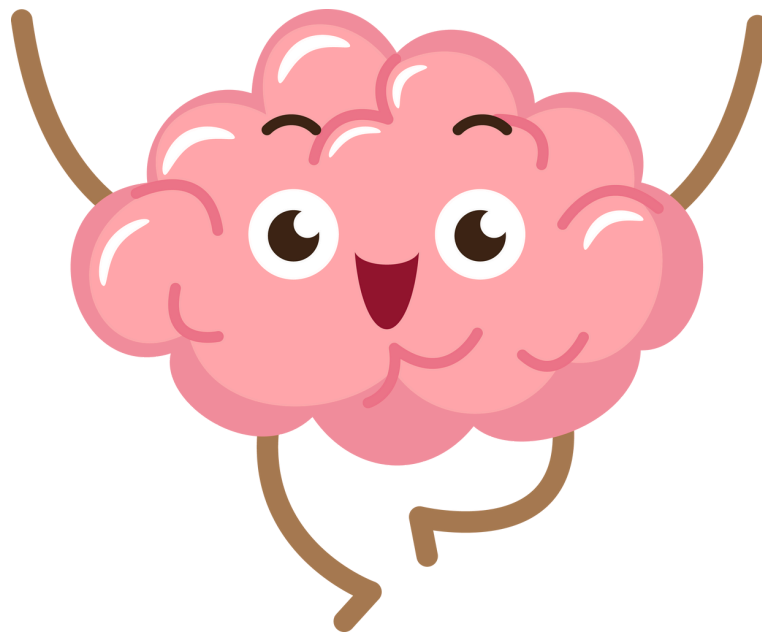




Heart Station

Run on the spot or jump rope for 15 seconds. Your heart pumps blood all around your body to keep you moving!





Brain Station

Solve a mini riddle or memory card challenge. Your brain helps you think, remember, and make smart choices!





Bones Station

Balance across a line of tape or a pretend beam. Your bones hold you up and help you move safely!





Kidneys Station

Carry a cup of water carefully to the finish without spilling. Your kidneys filter waste and help keep your body clean!





Stomach Station

Pretend to eat and chew imaginary food while patting your belly.
Your stomach helps break down food so your body gets energy!

