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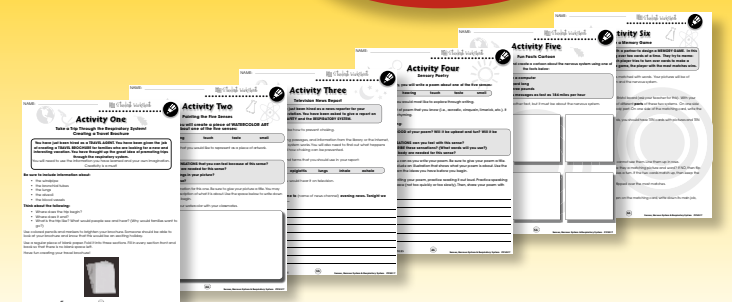
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The Sense of Touch

1. Use your dictionary to look up the meanings of the words below. Write the definitions in the space beside each word.

pressure	
temperature	
survival	
touch	
pain	
receptor	

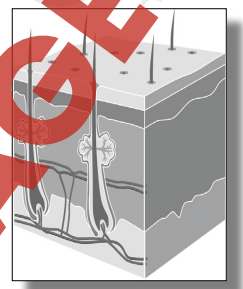
2. Our skin feels **pressure, pain, heat** and **cold**. Which feelings would the following actions create? Write your answer in the space provided. (Hint: some actions create more than one feeling.)

ACTION	FEELING CREATED
a) Stepping on broken glass	
b) Playing outside on a snowy January day	
c) Sitting by a camp fire	
d) Leaning against a wall	
e) Taking a warm bath	
f) Carrying six heavy books	



The Sense of Touch

Our body is completely covered with skin. One of the most important jobs of our skin is to help us understand the world through the sense of touch. Our skin notices **pain, pressure, heat** and **cold**. Messages are then sent to our brain. The brain can tell the difference between the soft fur of a puppy and the burning sensation of a flame. **This is important to keep us safe.** Without the sense of touch we would not feel sharp stones under our feet, freezing cold winds, or a bee sting.



How Does Our Skin Feel Things?

Our skin is filled with tiny **nerves** that are much smaller than hairs. These are called **sensory receptors**. There are different kinds of sensory receptors. Each type of receptor notices only one kind of feeling. Sensory receptors are like **light switches**. When they notice a **sensation** they "turn on" and send a message to the brain. The brain **counts** all the messages and tells us what we are feeling. Our hands and face are the two places with the most receptors.

Feeling Pain

Ouch! We don't like to feel pain because it hurts. But pain is important to our **survival**. Pain is one of our body's most important ways to warn us of danger. It is like a big stop sign telling us to get away from the cause (or source) of the feeling. Pain tells us something is wrong. It lets us know that we should pay attention. Some parts of our body – like our eyes – have many pain receptors. This is why even a small piece of dirt on our eye hurts so much. Other parts of our body – like the backs of our hands – have fewer pain receptors. Our fingertips have many sensory receptors, but few are pain receptors.

How do feelings of pain help us stay safe?



The Sense of Touch

1. Put a check mark (✓) next to the answer that is most correct.

a) Why is the sensation of pain useful to humans?

- A It makes us tough.
 B It teaches us how to fight back.
 C It really isn't very useful at all.
 D It can tell us when we are in danger and need to protect ourselves.

b) Sensory receptors work a lot like _____

- A thermostats
 B light switches
 C car engines
 D alarm clocks

c) Which part of the body has the most pain receptors?

- A the backs of our hands
 B our eyes
 C our fingertips
 D they all have the same amount

2. Fill in each blank with a word from the list. Three words will be left over.

pain **receptors** **danger** **skin** **pressure**
face **eye** **heat** **brain** **sensation**
cold **off** **on**

Our skin is filled with nerves that feel different _____. They are called sensory _____. We have receptors for feelings of _____, _____, _____ and _____. The receptors turn _____ when triggered by sensations. Our _____ counts the number of receptors that are turned on to decide how strong a feeling is. Our _____s have a large number of sensory receptors. If you have ever had dirt in your eye you will know this is true! Pain hurts but we must remember that it warns us of _____.



The Sense of Touch

3. What is an example of a time when the feeling of cold could protect a person?

4. Why would a doctor need a very good sense of touch?

5. What is your favorite piece of clothing? What does it feel like on your body? Try to use at least five words to describe how it feels.

6. For every sensation on the left write an example of something that would cause that feeling. The first one is done for you.

Sensation	Example
Pressure	Being crowded on a bus
Heat	
Cold	
Pain	
Pressure	

Extension & Application

7. Many jobs require a good sense of touch. Write a list of **at least three** of these jobs. Tell why touch is important in each job.

8. **Braille** is a special kind of writing that people who cannot see use to read. Braille is a set of **small raised bumps** that are organized in a special way on the surface of pages. People "read" the bumps by touching them with their fingertips. People who read Braille use their **fingers** like others use their **eyes** to read written language. Braille can be created on paper and metal.

Find out who **invented** Braille and what it looks like. Then, look for Braille around your community. Look for Braille signs in public places, like elevators and on the doors of washrooms. **Make a list** of all the places you find Braille in your community.



Organ System Poster

We have learned about two important systems in the human body - the **NERVOUS SYSTEM** and the **RESPIRATORY SYSTEM**. You may remember that the nervous system is a lot like a computer system. The lungs (in the respiratory system) work like a train station.

For this activity, you will **create a poster** with important facts about one of these systems.

YOUR POSTER SHOULD INCLUDE:

- a catchy title to get the reader's attention
- an illustration that shows what the system looks like (be sure to label all the parts!)
- the main job or jobs of the system
- an explanation of:
 - why the nervous system is like a computer system** OR
 - why the lungs work like a train station**
- any other interesting facts that you find

Begin by collecting important **facts** about your system. You may use the reading passages, the Internet, or other resource materials to find your information. Make your poster on a piece of Bristol board. Make it colorful, neat and organized.

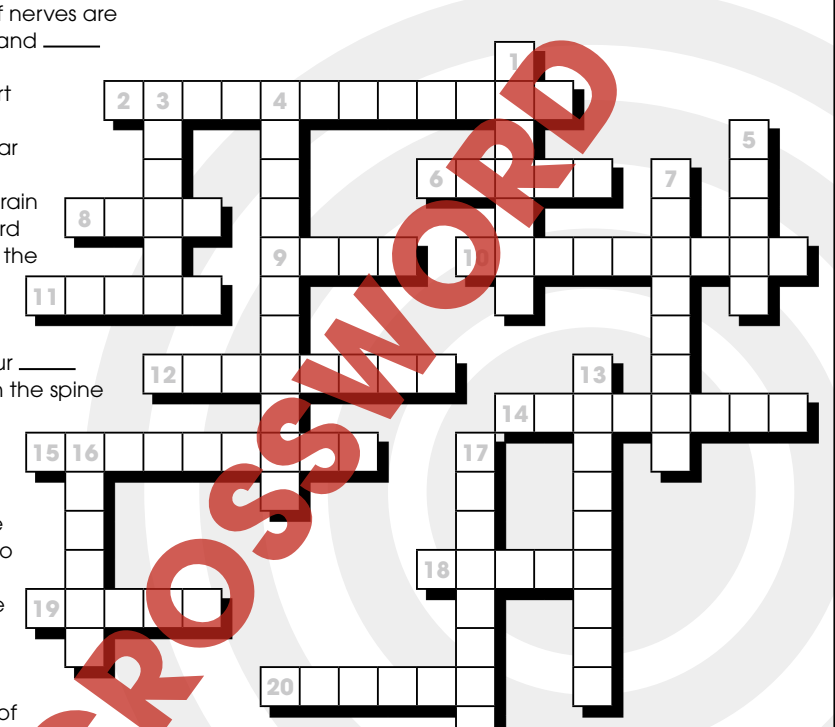
When you have it finished, **share** your poster with the class.



Crossword Puzzle!

Across

- The lungs work like a _____
- The two kinds of nerves are sensory nerves and _____ nerves
- The colored part of the eye
- Helps us see near and far
- Connects the brain to the spinal cord
- The ear _____ is the tube that leads into the ear
- Feeling pain is important for our _____
- A single bone in the spine
- Our mouth and nasal cavity are _____ inside our head
- The _____ nerve links the retina to the brain
- Nerve _____ are also called neurons
- The spinal cord is a thick _____ of nerves



Down

- The cerebellum is important for balance and _____
- The back of the eye where the image is made
- The receptors in our _____ allow us to smell
- Sound enters the head through the _____ ear
- Nerves carry _____ to and from the brain
- The spinal cord is _____ by the vertebrae
- We breathe in the gas called _____
- The nervous system is like a _____

Word List

- | | |
|---------------|--------------|
| bundle | outer |
| train station | posture |
| lens | nasal cavity |
| vertebra | messages |
| cells | computer |
| motor | protected |
| iris | retina |
| brain stem | oxygen |
| canal | connected |
| survival | optic |



Comprehension Quiz

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Part A

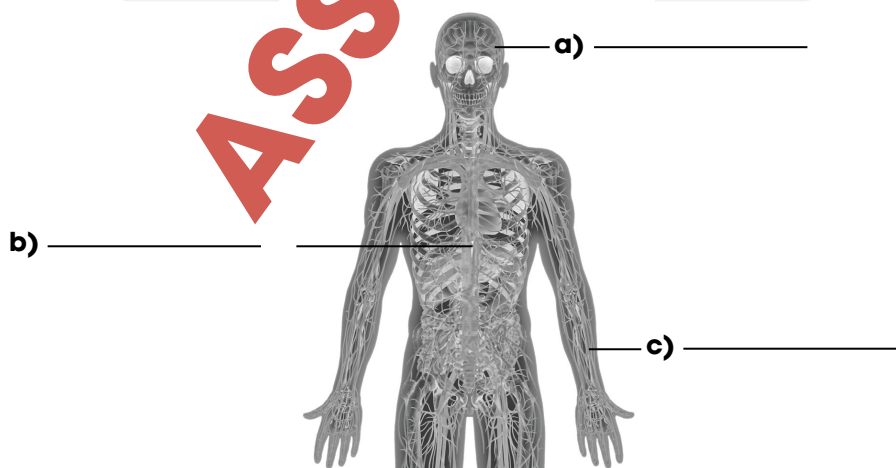
1. Circle **T** if the statement is TRUE or **F** if it is FALSE.

- T** **F** 1) Our vertebrae protect our spinal cord from damage.
- T** **F** 2) Nerve cells carry messages to and from the brain so that we can understand the world around us.
- T** **F** 3) The three parts of the brain are called the cerebrum, cerebellum and brain stalk.
- T** **F** 4) The iris is the colored part of the eye.
- T** **F** 5) The sense of taste is *not* connected to the sense of smell.
- T** **F** 6) Our lungs expand when we exhale.
- T** **F** 7) The epiglottis covers the top part of the ear canal.
- T** **F** 8) The small bones in the inner ear vibrate when sound passes by.

Part B

Label the nervous system in the diagram below. Use the words in the list.

- spinal cord nerves brain



SUBTOTAL: /14

Nervous System



NAME: _____

After You Read 



The Sense of Touch

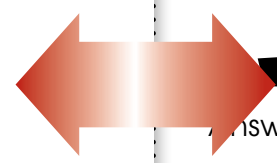
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Sensation	Example
Pressure	Being crowded on a bus
Heat	
Cold	
Pain	
Pressure	



3. Answers will vary

Answers will vary

11

4. Answers will vary

5. Answers will vary

Answers will vary

12

6. Answers will vary

7. Answers will vary

Answers will vary

8. Answers will vary

13

Answers will vary

10

14



EASY MARKING ANSWER KEY

7. Many jobs require a good sense of touch. Write a list of **at least three** of these jobs. Tell why touch is important in each job.

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