My Body & Five Senses

A Colourful Picture Book for Little Learners

Ages 2–6



By Uncle Sam

Discover • Learn • Explore



Welcome Little Explorer!



Your body helps you move, play, and explore. Your five senses help you see, hear, smell, taste, and feel things around you.

Look at each picture, learn about your body, and discover simple ways to care for it.



A note for grown-ups:

Read each page aloud. Help your child name the body parts and talk about what they do.



My Body



My body has many parts, from my head to my toes. They work together to help me move, play, and explore.

My Head & Face



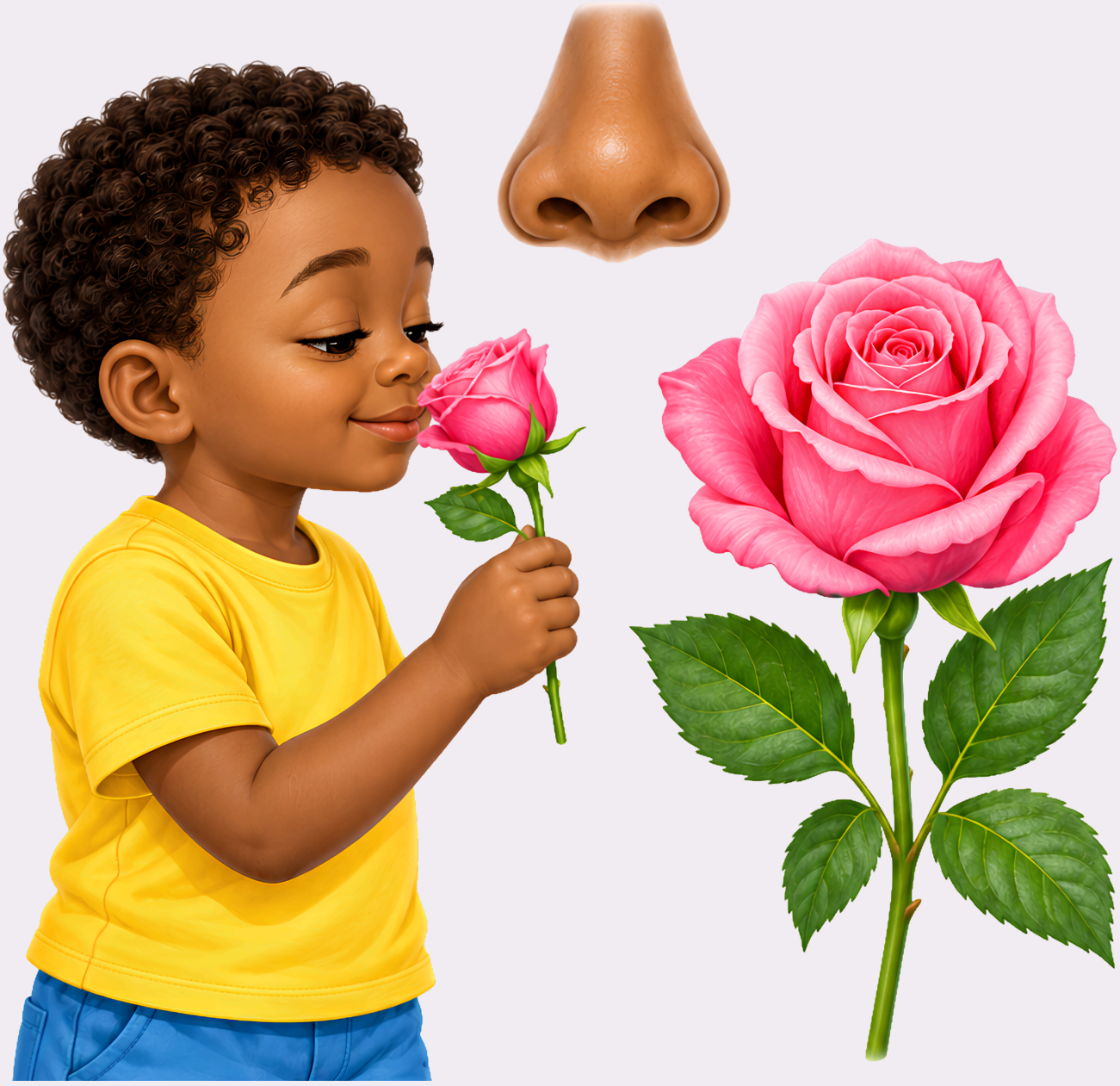
My eyes, ears, nose, and mouth are parts of my head. My face can show a happy smile or a surprised look.

Seeing — Eyes



My eyes help me see colours, shapes, and the world around me. I can watch a bright butterfly resting on a flower.

Smelling — Nose



A rose can have a lovely smell. My nose helps me notice the scents of flowers, fresh fruit, and food cooking.

Tasting — Tongue



My tongue helps me taste the food I eat. A ripe mango tastes sweet, while a lemon tastes sour.

Hearing — Ears



My ears help me hear the ding-ding of a bell. I can also hear music, birds singing, and the voices of people I know.

Touching — Skin



My skin helps me feel things when I touch them. A fluffy blanket feels soft, while the bark of a tree can feel rough.

My Legs & Feet



My legs and feet help me stand, walk, and jump. My knees bend as I move, and my feet help me balance.

Wash, Brush & Rest



I wash my hands with soap and water and brush my teeth. A good sleep helps my body rest and grow.

My Arms & Hands



I use my arms to reach and lift. My hands and fingers help me hold a ball, pick up toys, and wave hello.

Discover your amazing body!

From waving hands to listening ears, explore body parts and the five senses through colourful pictures and simple sentences.

Learn new words, discover everyday ways to care for your body, and enjoy each page together!

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