

SOMEBODY™

Five Human Anatomy Games in One!™

PLAYERS: 1 to 4 players, ages 6+

GAME MATERIALS: 4 Somebody™ Game Boards • 4 Reusable, Stick-On Body Parts Sheets • 1 Somebody™ Reference Chart (inside the box lid) • 50 Illustrated Body Parts Cards (yellow) • 50 Illustrated Muscles and Bones Cards (orange) • 1 Rule Booklet

SETTING UP: Remove all the Body Parts from the Body Parts Sheets very carefully so that the backing does not tear. This is a bit tough the first time, but much easier afterward. Replace the Body Parts in their proper positions on the Body Parts Sheets.

Game 1: Doctor's Orders (ages 6+)

MATERIALS: Body Reference Chart (inside box lid) • 1 Body Parts Sheet and 1 Somebody Board per player.

PLAYERS: This activity suits younger children ages 6 to 8 and is a good introduction for players of all ages. Groups can cooperate to complete a Somebody™ Board or individuals can each work on their own board.

TO PLAY: Playing the role of doctors, children position all the Body Parts on a Body Board, following the numerical order indicated in the Body Reference. Afterward, return the Body Parts to the Sheets for storage.

GAME 2: Build Somebody™

(easy level for ages 6 and up; harder level for ages 10 and up)

MATERIALS: Somebody™ Reference Chart (inside box lid) • 50 Body Parts Cards (yellow) • 1 Body Board and 1 Body Parts Sheet per player.

OBJECT: Be the first player to correctly place all the Body Parts on a Somebody™ Board.

SETTING UP: Shuffle the Body Parts Cards and lay the deck face down to form a Draw Pile. Make the SomeBody™ Reference Chart visible to everyone. Decide your level of play:

EASY: Draw your own Body Parts Cards and simply place the Body Parts on your SomeBody Board.

Harder: The person on your left draws a card for you and asks a question about the Body Part. You must answer correctly in order to place the Body Part on your SomeBody™ Board.

1. TO TAKE A TURN: Draw a card (easy level) or the person on your left draws a card (harder level). If the card is a Body Part, remove the part from your Body Parts Sheet and place it on your SomeBody™ Board (easy level) or correctly answer the question in order to place the Body Part (harder level). Discard the card. If you have already placed the Body Part or you can't answer the question, simply discard the card without placing a part.

2. TO PLACE BODY PARTS: You can place a Body Part directly on SomeBody™ as long as you don't cover up an empty Body Part. These Body Parts do not cover other parts: Brain, Nose, Mouth, Esophagus, Kidneys, Small Intestine, Muscle, and Bone. Place them directly on SomeBody™ at any time.

For all other Body Parts, certain parts must be on SomeBody™ before you can place them. If these parts are not in place, put the Body Part in the blue Waiting Area on the SomeBody™ Board. The numbers on the Reference Chart and the examples below show which parts precede others.

Examples:

If you draw a Trachea Card, the Trachea Body Part (#7) can only be put in place if the Esophagus (#6) is in place. If the Esophagus is not in place, store the Trachea in the Waiting Area.

The Lungs (#9) must stay in the Waiting Area until you can place the Esophagus (#6), Trachea (#7), and Heart (#8) in that order.

3. THE WAITING AREA: When the low-numbered parts are in place, players may position any eligible Body Parts in the Waiting Area. For example, the Spleen (#11) and Pancreas (#12) are in the Waiting Area. You draw the Kidneys (#10). In the same turn, you may place the Kidneys, the Spleen, and the Pancreas on SomeBody™ (in that order).

4. EXPERIMENT WILD CARDS: These are wild cards with a catch. After you do a simple experiment, you may place the Body Part of your choice on SomeBody™. Discard the card. Your turn ends.

5. BODY BREAKDOWN CARDS: A Body Breakdown is bad news in real life and in this game. If you (or the player on your left for the harder level) draw a Headache and your SomeBody's Brain is in place, you must remove it. If you draw

The Flu and your Nose is in place, you must remove it. If the affected parts are not in place, discard the Body Breakdown Card and end your turn.

6. EXHAUSTED DECK: If the deck is exhausted before the game ends, reshuffle the discard pile and turn it over to form a new deck.

7. TO WIN: The first player to correctly complete Somebody™ is the winner.

GAME 3: **Match Somebody™** (ages 6+)

MATERIALS: 42 Body Parts Cards (yellow) or 42 Muscles & Bones Cards (orange)—minus the 8 Experiment Cards

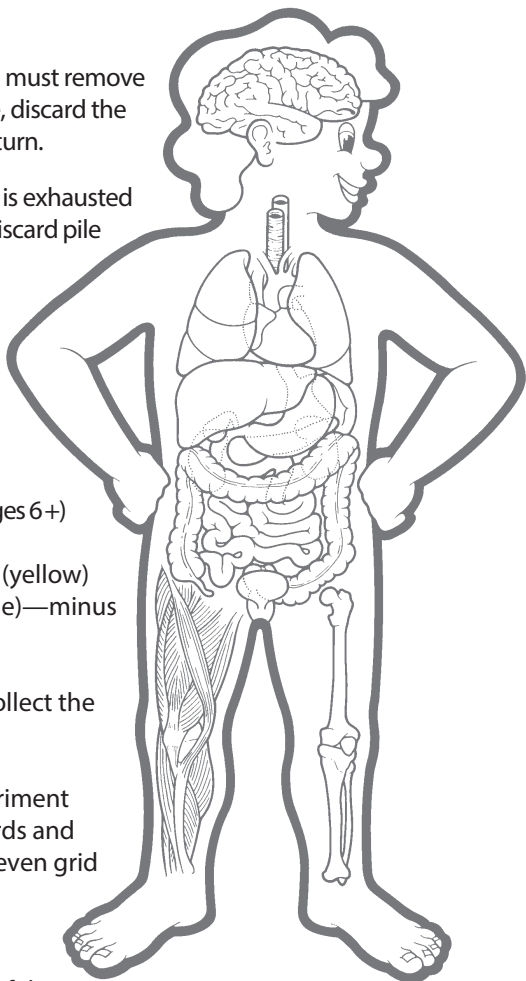
OBJECT: As in “Concentration,” collect the most pairs of matching cards.

SETTING UP: Remove the 8 Experiment Cards from the deck. Shuffle the cards and lay them all face-down in a six-by-seven grid with no cards overlapping.

1. TO TAKE A TURN: Turn over any two cards and read the names of the Body Parts or Muscles and Bones aloud. If the cards match, keep them and take another turn. If they don't match, replace the cards face-down in their original position. A missed match ends the turn.

2. BODY BREAKDOWN CARDS: The Body Parts deck and the Muscles and Bones Deck each have 2 Body Breakdown Cards. If you draw one (or both), check your matched pairs for any afflicted body parts. For example, the Headache afflicts the Brain. Put all afflicted Body Part Cards out of the game. They do not count toward your score. If there are none, do nothing. Either way, return the Body Breakdown Card face-down to its original position. Your turn ends.

3. TO WIN: The game ends when all the pairs have been matched. Only the two Body Breakdown Cards should be left on the playing surface. Players count their matched pairs. The player with the most pairs wins.



GAME 4: SomeBody™ Fishing (ages 6+)

MATERIALS: 40 Body Parts Cards or 40 Muscles and Bones Cards—minus the 8 Experiment Cards and the 2 Body Breakdown Cards

OBJECT: Collect the most pairs of Body Parts or Muscles and Bones.

SETTING UP: Remove the 8 Experiment Cards and the 2 Body Breakdown Cards from the deck. Shuffle the cards and deal 7 cards to each player. Players hold their cards so that others can't see them. Scramble the deck face-down to form the "Pond."

1. TO TAKE A TURN: Ask any other player for a Body Part—a Brain, for example. If the player has the card, he or she must hand it over to you. If not you "Fish" for a card in the "Pond." Any time you make a matching pair, such as 2 Brains or 2 Humerus Bones, lay the pair in front of you. Your turn ends after you have gone "fishing" and played all possible pairs.

2. TO WIN: When the Pond is empty (all the cards have been "fished" out), the game ends. Players count their pairs; the one with the most pairs wins.

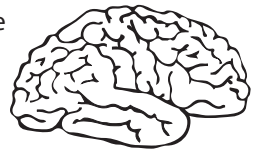
GAME 5: SomeBody™ Muscles & Bones

(easy level for ages 6 and up; harder level for ages 10 and up)

MATERIALS: 50 Muscles & Bones Cards (orange) • Muscles & Bones Reference Charts (see pages 6 and 7)

OBJECT: Collect the most cards by identifying the location of muscles and bones or by answering questions.

SETTING UP: Shuffle the Muscles & Bones cards and set the deck face-down to form a Draw Pile. Set the Reference Charts face-down nearby. Decide on a level: Identifying the location of muscles and bones on your body (easy) or answering questions (harder).



1. TO TAKE A TURN: The person on your left draws a card for you. It will be one of these three types:

Muscle or Bone Card: The player reads aloud the name of the muscle or bone (easy level) or the question (harder level). To earn the card, you must point to the correct location of the muscle or bone on your body (easy level) or correctly answer the question (harder level). If you fail to do so, the player on your left discards the card and your turn ends.

Experiment Wild Card: To earn the card, simply do the experiment.

Body Breakdown Card: If you have earned a card (or cards) with the afflicted muscle & bone, you must discard it (them), along with the Body Breakdown Card. Your turn ends.

2. CHALLENGES: On the easy level, if another player believes you are pointing to the wrong muscle or bone, he or she can challenge you. Check the Reference Charts for the correct answer. If the challenger is right, you must discard the card in play and give the challenger a card from your hand. If you are right, take a card from the challenger.

3. TO WIN: The game ends as soon as the deck is exhausted. Players count their cards. The player with the most cards wins.

RECOMMENDED READING LIST

Balestrino, Phillip, *The Skeleton Inside You*, Harper, 1989. Part of the "Let's Read and Find Out" series for early elementary readers, this includes color illustrations and simple text. Other series titles include *A Drop of Blood* by Paul Showers (1989) and *My Five Senses* (1989).

Ballard, Carol, *How Do Our Ears Hear*, SteckVaughn, 1998. Part of "How Your Body Works" series for early elementary readers; this includes color photographs, diagrams, bibliography and index.

Barrett, Susan L., *It's All in Your Head: A Guide to Understanding Your Brain and Boosting Your Brain Power*, Free Spirit Publishing, 1992. Lively guide to the brain for upper elementary and above. Teacher's edition is also available.

Brown, Laurie Krasny and Brown, Marc. *Dinosaurs Alive and Well! A Guide to Good Health*, Little, Brown, 1990. A preschool and early elementary introduction to general health and safety, with cartoon dinosaurs.

Cole, Joanna, *The Magic School Bus Inside the Human Body*, Scholastic, 1989. An imaginary but fact-filled trip with Ms. Frizzle's elementary school class.

Gaskin, John, *Movement*, Watts, 1985. The simplest of explanations of how bones and muscles work together.

Glover, Bob and Shepherd, Jack, *The Family Fitness Handbook*, Penguin, 1989. In depth guide to helping your child establish a lifetime habit of staying fit.

Kids Discover magazine, "The Brain," Kids Discover, February 1996.

Ontario Science Center, *Sportsworks*, Addison-Wesley, 1989. Simple, fun, hands-on experiments.

Parker, Steve, *The Brain and Nervous System*, Steck-Vaughn, 1997. Photographs, glossary, and bibliography included in this in-depth study for upper elementary; part of "The Human Body" series.

Parker, Steve, *The Human Body: an Amazing Inside Look at You!* Abrams, 1996. Photographs, models, cut-away views and text for upper elementary.

Parker, Steve, *Skeleton*, Knopf, 1998. Compares animal and human skeletons from structural and functional points of view.

Powell, Gillian, *Exercise and Your Health*, Raintree Steck-Vaughn, 1998. Describes basic exercises and includes photographs and diagrams for elementary students; part of "Health Matters" series.

Silverstein, Alvin, *The Nervous System*, Twenty-first Century Books, 1994. Detailed text, index, glossary, timelines and more for upper elementary and middle school students; part of "Human Body Systems" series.

Simon, Seymour, *The Heart: Our Circulatory System*, Morrow Jr. Books, 1996. Spectacular photographs and readable but detailed text for upper elementary; others include *Bones* (1998), *Muscles* (1998), and *Brain* (1997).

Spellman, Cornelia, *Your Body Belongs to You*, Albert Whitman, 1997. A gentle discussion of "good touch/bad touch" and "private parts" for early elementary.

Stein, Sara, *The Body Book*, Workman, 1992. Clear, very readable guide to every system in the body.

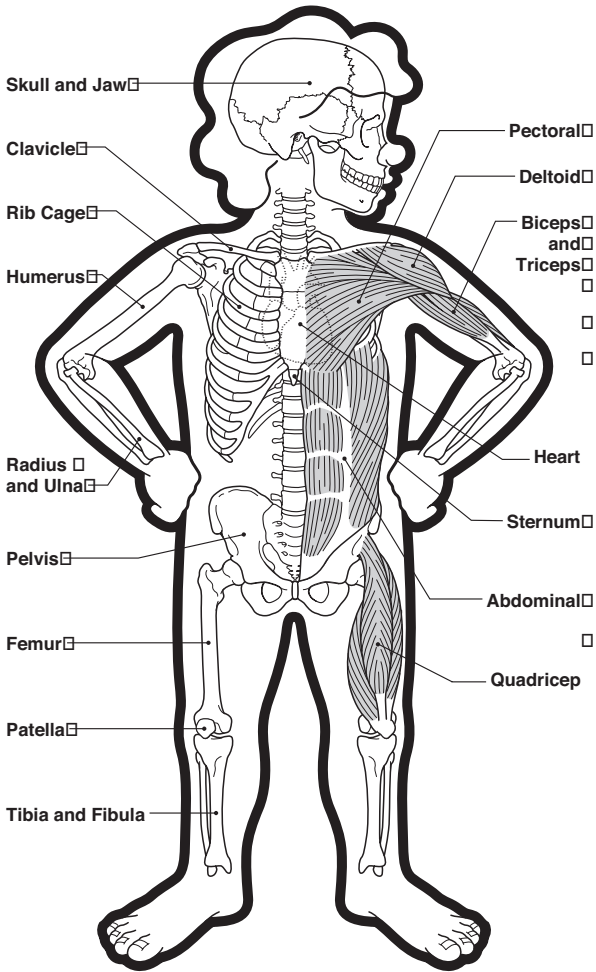
Settel, Joanne and Baggett, Nancy, *Why Does My Nose Run? And Other Questions Kids Ask about Their Bodies*, Macmillan, 1985.

Seuling, Barbara, *You Can't Sneeze with Your Eyes Open and Other Freaky Facts about the Human Body*, Dutton, 1986.

VA Image Browser: www.vis.colostate.edu/cgi-bin/gva/gvaview/

From Colorado State University, this web site has simple images, including animation of lungs, bones, arteries and more - appropriate for all ages.

FRONT



DEM DRY BONES

This well-known spiritual song is part of American folklore and was first published in 1865, the year the American Civil War ended. Sing it with your child as you point to the bones on your own body or on the Muscles & Bones Reference Charts.

BONE UP ON DEM BONES

(To the tune of "Dem Dry Bones")

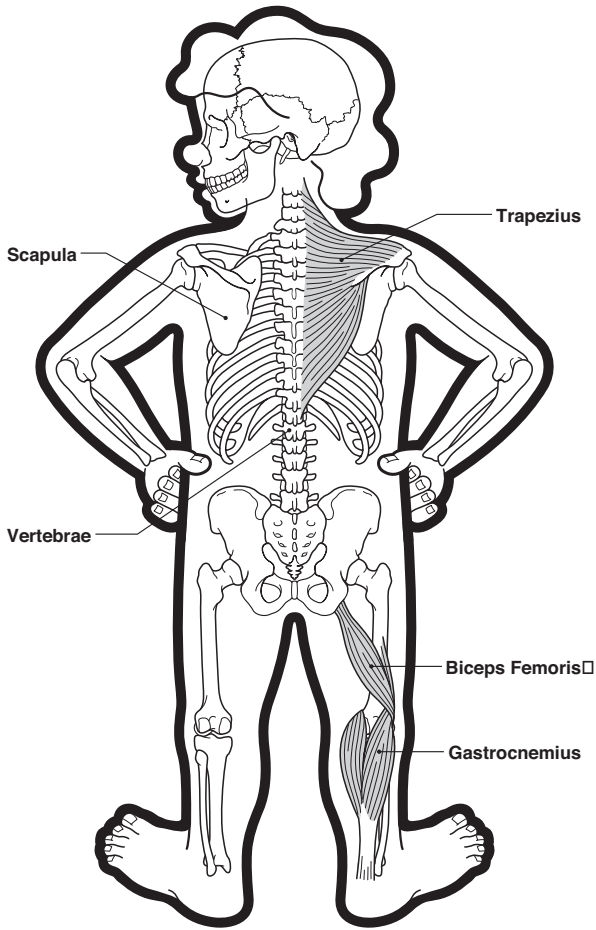
Stand in a circle. Rotate around the circle, each person singing the next line in the verse. (With two people, simply take turns singing the lines.) Singers should point to the bones as they say the names. Non-singers can clap in rhythm.

[Singer #1's name] says, "Bone up on dem bones!"

[Singer #2's name] says, "Bone up on dem bones!"

[Singer #3's name] says, "Bone up on dem bones!"

BACK



Everybody:

Oh, we're gonna learn dem bones!

Rotate lines:

The foot bone's connected to the fibula.

The fibula's connected to the tibia.

The tibia's connected to the patella.

The patella's connected to the femur.

The femur's connected to the pelvis.

The pelvis is connected to the vertebrae.

The vertebrae's connected to the skull bone.

Everybody:

Oh, we're gonna learn dem bones!

Chorus:

Dem bones, dem bones gonna walk aroun'

Dem bones, dem bones gonna walk aroun'

Dem bones, dem bones gonna walk aroun'

Oh, we're gonna learn dem bones!

Rotate lines:

The skull bone's connected to the vertebrae.

The vertebrae's connected to the rib cage.

The ribs are connected to the clavicle.

The clavicle's connected to the scapula.

The scapula's connected to the humerus.

The humerus connected to the radius.

The radius connected to the ulna.

The ulna connected to the hand bone.

Everybody:

Oh, we all learned dem bones!

SomeBody™ is part of Talicor / Aristoplay's complete line of educational games featuring subjects that include history, geography, math, spelling, horses, science, literature and the arts.

Our games are crafted with the philosophy that children are more likely to open their minds to learning when presented in a fun, relaxing environment.

