

WHAT'S INSIDE ME?

playspace card

Step into a hands-on discovery space where children are invited to explore the wonders of the human body and uncover what's happening beneath the surface. Through interactive materials such as x-rays, anatomical puzzles, and sensory play experiences, children can investigate bones, organs, and body systems in an engaging and meaningful way. As children examine how their bodies move, grow, and function, they are encouraged to ask questions, make connections, and share their ideas. This immersive playspace supports curiosity, early scientific thinking, and self-awareness, while fostering a deeper understanding of how all the different parts of our bodies work together to keep us healthy and strong.

CREATING THIS SPACE we've got you covered

Browse a curated list of everything we used to create this space on our website!

→ bellbird.com.au/inspiring-playspaces

Whether you're topping up your own resource collection or want to purchase the whole Playspace, Bellbird has you covered!

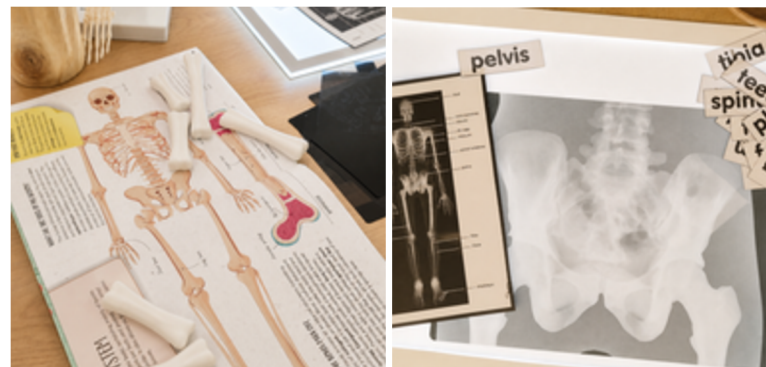
PLAYSPACE BUNDLES what's included?

- Purchase all the resources used to put this playspace together so you can set it up in your own space and style!
 - *What's Inside Me?* (SKU 137714T)

*Please note that the photography does not show all items from the resource sets. Purchasing this Playspace includes complete sets beyond those displayed.

OUR HERO PIECES in this space

- What's Inside Me - Book (SKU 137714)
- What How Why - THE HUMAN BODY Book & Poster (SKU 138659)
- My Body In Action - 10pcs (SKU 116016)
- Dental X-Rays - 15pcs (SKU 116015)
- Discoveroo 5 Layer Body Puzzle - Boy (SKU 144158)
- Discoveroo 5 Layer Body Puzzle - Girl (SKU 144159)
- Dinosaur Bones Match and Measure Set (SKU 113275)
- Half Scale Skeleton - 85cmH (SKU 132561)
- Stethoscope (SKU 133024)



Flip over the page for links to the EYLF, Planning Cycle and Implementation/Extension tips



Take some of the guess work out of the 'why' behind the 'what' and let the Bellbird playspace cards help guide you to create engaging and meaningful learning opportunities.



THE BIGGER THOUGHTS

learning themes and connections

Wondering what topics and themes you might see children exploring whilst engaging in this playspace? Check out some relevant learning themes here:

- ➔ Anatomy
- ➔ Health
- ➔ Wellbeing
- ➔ Self-awareness



PROMOTING THINKING DURING PLAY

engaging with children

Help children to think deeper about the topics you're exploring by engaging with them during play! Use open-ended questions to challenge and develop children's thoughts and ideas about what they're learning. You could ask children:

- ➔ How do you think your body works when you run, jump, or play?
- ➔ What might happen if one part of our body stopped working?
- ➔ How do you know when your body needs rest or food?



LINKING TO THE LEARNING BEHIND PLAY

possible links to the early years learning framework

You might find children engaging in the following learning outcomes from the EYLF:

- ➔ Learning Outcome 3.2: Children become strong in their physical learning and mental wellbeing
- ➔ Learning Outcome 3.3: Children are aware of and develop strategies to support their own mental and physical health and personal safety



EXTENDING PLAY: WHERE TO NEXT

extension ideas and prompts for continued inquiry

- ➔ Trace around children's bodies on large paper and invite them to draw or add organs and bones inside. This supports body awareness, creativity, and understanding of internal structures.
- ➔ Provide materials such as food images, toothbrushes, and role-play items for children to explore how to care for their bodies. This encourages conversations about health, wellbeing, and daily routines.
- ➔ Look into programs like Healthy Harold's 'My Body Matters' program to further extend children understanding of what they body needs!
 - <https://lifeed.org.au/teachers-and-schools/the-life-ed-program/early-years-learning-program/>



EVALUATING EXPERIENCES

prompts for critical reflection

- ➔ What worked well and why? What will I do differently next time?
- ➔ What feedback did children give, and how can I include their voices in future experiences?



MORE INSPIRATION

Want some more guidance and ideas on engaging environments? We've got you covered!

- ➔ bellbird.com.au/inspiring-playspaces

