

Make your own body clock!



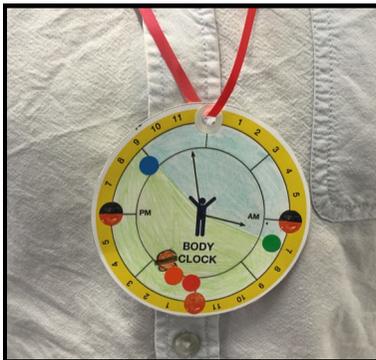
 Your body has its own clock!

 Special signalling molecules called hormones tell our bodies

- When to wake up
- When to eat and when we are full
- When to go to sleep

 Different hormones increase and decrease in waves throughout the day

 You can make your own body clock like the one below to take home—just follow the instructions on the other side of this leaflet.



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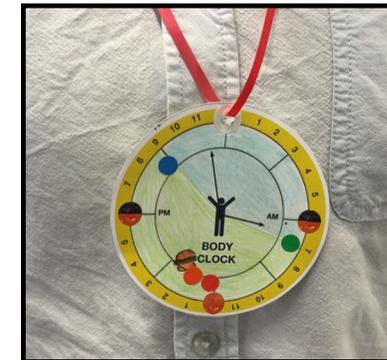
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How to make your own body clock!



SLEEP

What time do you wake up and what time do you go to sleep?

Use a ruler to draw lines showing these times and colour in the 'awake time' with a green pencil and the 'asleep time' with a blue pencil



WAKE



EAT

What time in the day do you feel most hungry?

Use a felt-tip pen to draw a picture of the food you like to eat at the time you get most hungry



EAT

Now look at the chart below to colour-code your body clock with sticky dots to help you remember the hormones that make your body tick!



REPEAT

Get an adult to help with this bit - the final touch is to punch a hole in the top of your clock then thread a ribbon through so you can wear it home like a medallion!



REPEAT

- Cortisol is made and released by glands in our kidneys. Cortisol controls how we get energy from our foods and how our lungs and heart work.
- Ghrelin is made by our stomachs -it sends messages to our brains to tell us we are hungry
- Leptin is made by our fat cells and tells our bodies when we are full
- Melatonin is made in our pineal gland in our brains— more is released when it is dark. Melatonin makes our bodies feel sleepy.

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