



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—pick up a leaflet and template or ask our team to help you make one.

Fix/ paste the example clock here



How to make your own body clock!



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—use pencil so you can draw things on top!

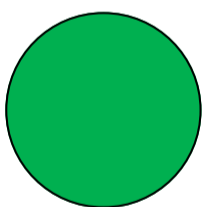


What time in the day do you feel most hungry?

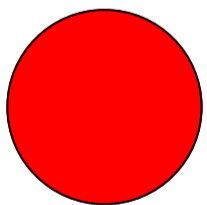
- Use a felt-tip pen to draw a picture of the food you like to eat at the time you get most hungry



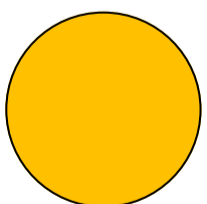
Now look at the chart below to colour-code your body clock with the stickers to help you remember the hormones that make your body tick!



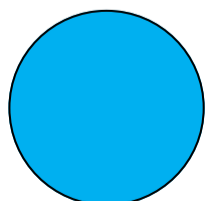
Cortisol is made and released by glands in our kidneys. Cortisol controls how we get energy from our foods and how our lungs and heart work.



Grehlin 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.