



DO YOU KNOW?

OUR BODIES

Video Transcripts
Level 1

Our Bodies video 1 (Book pages 18–19. Why are they drinking a lot of water?)

- <00:10> He is drinking a lot of water. He is playing football.
<00:19> She is drinking water. She is playing tennis.
<00:27> He is drinking water. He is playing basketball.
<00:33> Water helps our muscles when we exercise.

Our Bodies video 2 (Book pages 22–23. Where are the messages coming from? Where are they going to? What can the person do?)

- <00:10> Nerves send messages from the eye to the brain. Then, the messages are pictures.
<00:24> The brain then sends messages to the body.
<00:33> The messages tell us to move. This person can see her friend. The message goes to her brain. Her brain sends messages to her arms and hands and face.

Our Bodies video 3 (Book pages 24–25. How do you breathe?)

- <00:09> We breathe with our lungs. She is running so she is breathing a lot.
She is breathing in and breathing out.
<00:23> Our lungs are in our chest. When we breathe the muscles in our chest move.
Then our lungs move.
<00:38> Do we breathe all the time? Yes – we breathe when we sleep!