

The Care and Keeping of You Lapbook



The Care and Keeping of You Lapbook

Lapbook Components by Wende

Miscellaneous

Bible Verse Copywork

Body Basics

Puberty Graduated Book

Body Basics Simple Folds

Heads Up!

Hair (Includes Hair Do's and Don'ts Flap Book and Hair Scare Tab Book)

Parts of the Ear (further research needed)

Ears (Includes Headphone Component, Piercing Facts Flap, and Swimmers Ear simple fold)

Eye Care Accordion

Mouth (Includes How to Brush Cards and Pocket, Plaque Matchbook, and Flossing T-Book)

Braces Envelope Book

Four Face Facts Quad Fold

Acne (Includes Acne Bi Fold and Names for Acne Circle Book)

Sun Sense Flap Book

Body Talk: Skin Graduated Book

Reach!

Hands Book

Nail Care Shape Book

The Pits Pop Up Book

Deodorant/Antiperspirant Venn

Breasts

Bras (Includes Bra Info Bi Fold and My First Bra Simple Fold)

Body Talk: Breasts Graduated Book

Belly Zone

Perfectly You Accordion Fold

Food (Includes Beverages, Snacks, and Vegetarian Matchbooks, and Food! Shutterfold)

Nutrition (Includes Nutrients Cards and Pocket, and Food Pyramid Fold)

Eating Disorders Tab Book

Body Talk: Food Graduated Book

Big Changes

Period (Includes Pads vs. Tampons Venn and Vocabulary Flap Book)

Pad Fold

My Body Simple Fold

Body Talk: Period Graduated Book

On the Go

Legs Shape Book

Feet (Includes Toe Tips Stapleless Book and Foot Facts Shape Book)

Fitness (Includes Benefits of Exercise Slide and Aerobics Simple Fold)

Sports Safety (Includes Sprain First Aid flap book, Stretch Secrets simple fold, and Gear simple fold)

Sports Accordion

Rest

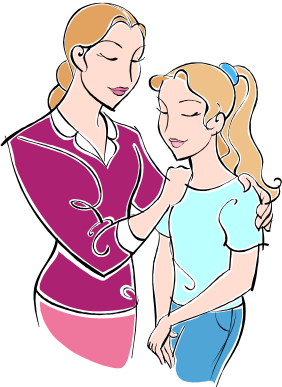
Sleep Troubles

Body Talk: Sleep Graduated Book

The Girl Inside

Feelings Trapezoid

The Whole You (Includes Making it Better Staggered Flap and The Whole You Simple Fold)

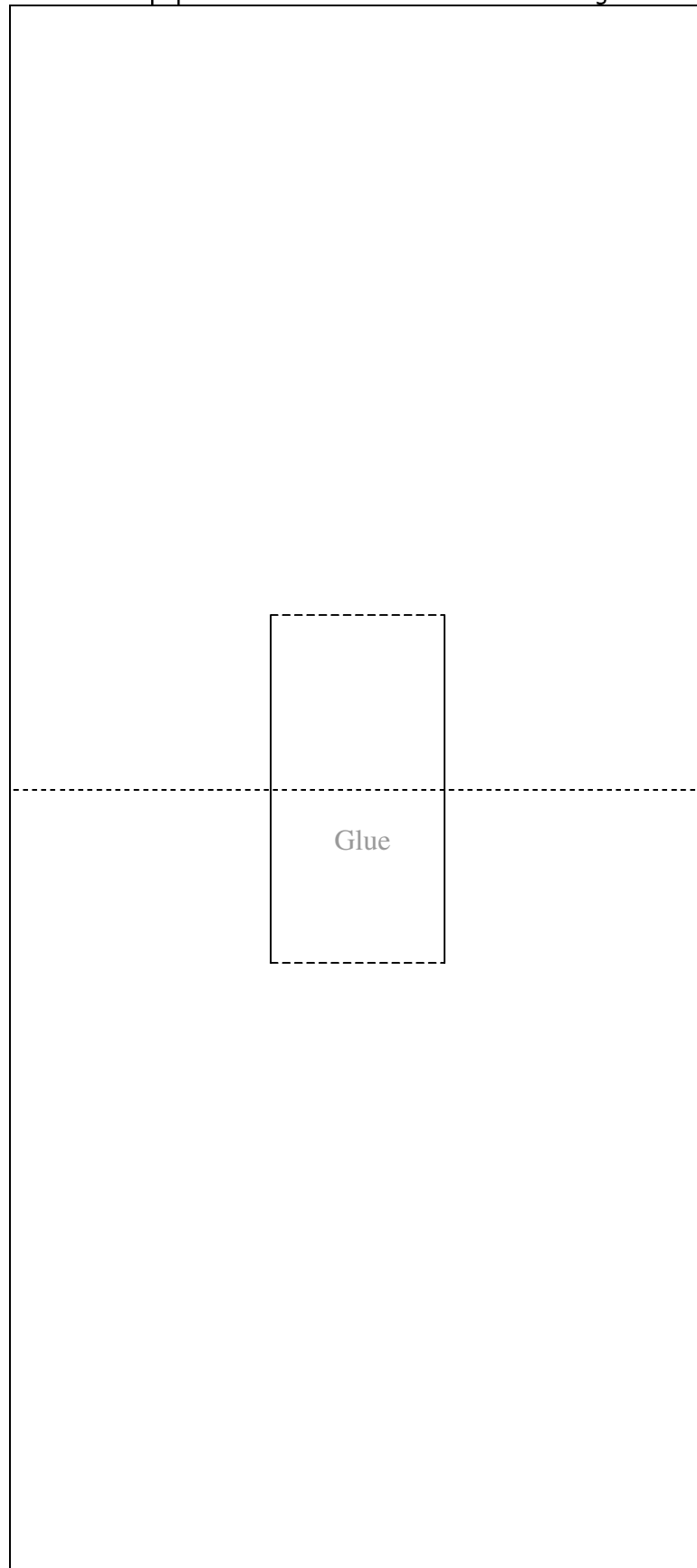
| | | |
|--------|--|--------|
| Step 2 | | Step 3 |
| |  <p>Making it Better</p> | Step 1 |

Cut on solid lines. Mountain fold on dotted lines. Write steps to take to say what's on your mind. (pg. 103)

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| | |
|--|---|
|  <p>The Whole You</p> | <p>Cut on solid lines. Mountain fold on dotted line. Inside, write what makes up You! What kind of person are you? Your strengths? Your weaknesses?</p> |
|--|---|

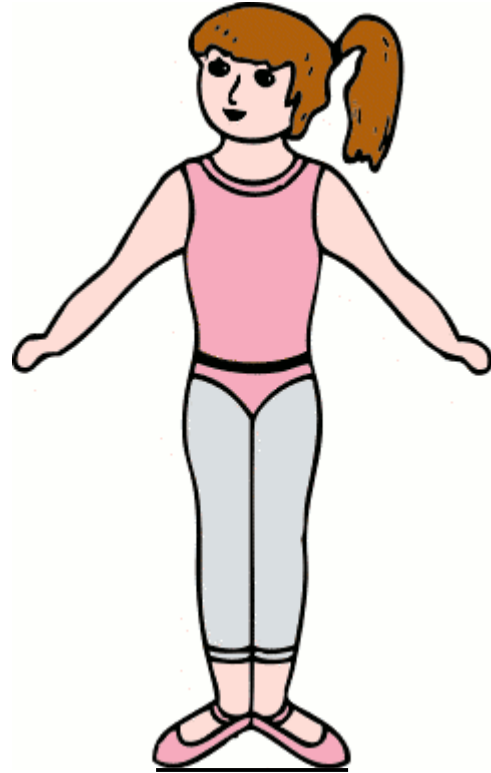
This is a pop-up book. First, print book out of cardstock. Mountain fold on dotted line. Snip the two 1" solid lines. Fold that flap down towards you on dotted line. Now, valley fold the book in half, on the dotted line, popping the box to the inside of the book. Cut out picture of girl. On the box marked "glue" glue the picture of the girl, sitting level with the paper. Make sure she lies flat when closing the book.



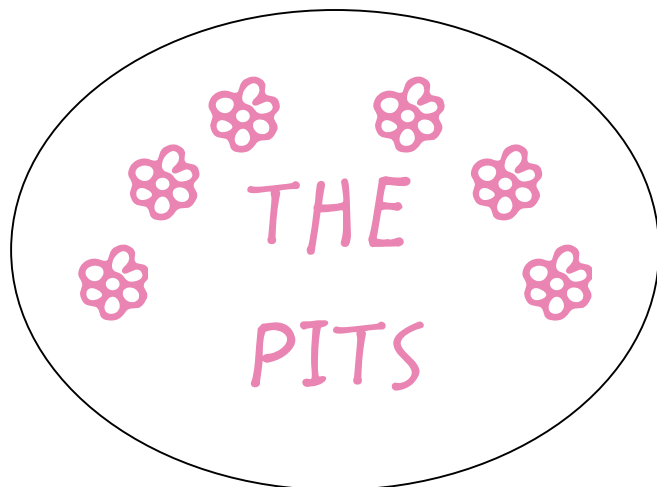
Cut out the mini books and mountain fold on dotted lines. Mini books will get glued inside of popup book.

| | |
|--|---|
| | |
| What causes body odor? | How can you avoid staining your clothes with sweat? |
| | |
| What is the most common way to remove underarm hair? | What are some shaving don'ts? |

Cut out and glue title to cover.



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Cut on solid lines. Mountain fold on dotted lines. Write answers under flaps.

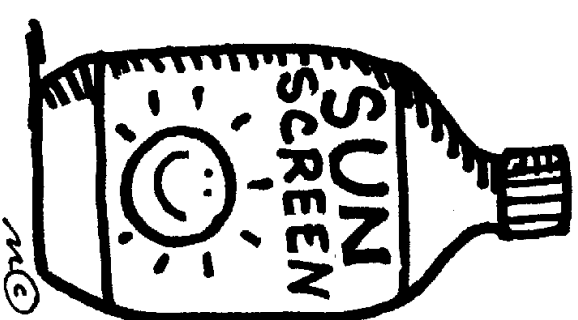
Clipart courtesy of <http://school.discoveryeducation.com/clipart/>

HOW CAN THE
SUN DAMAGE
YOUR SKIN?

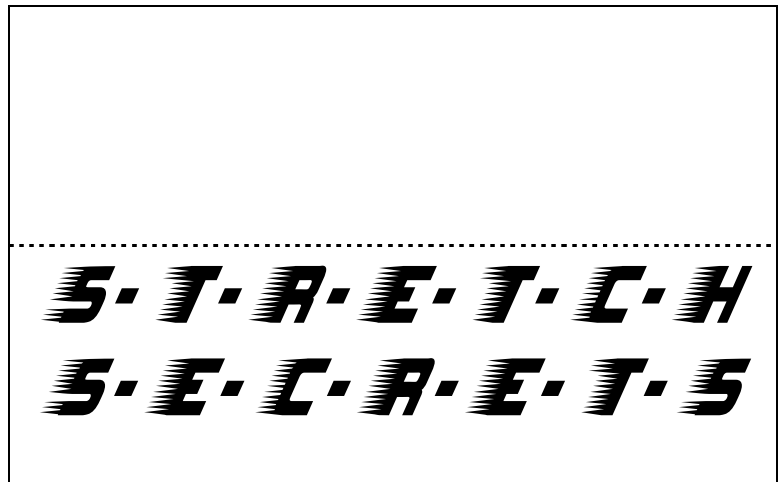
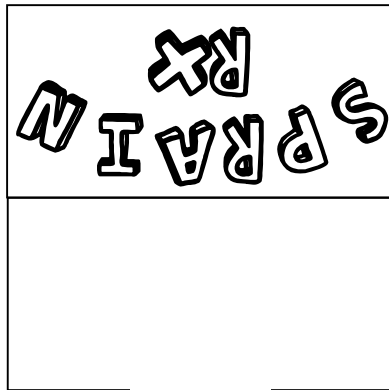
HOW CAN YOU
PROTECT YOUR
SKIN?

WHAT DOES
SPF
STAND FOR?

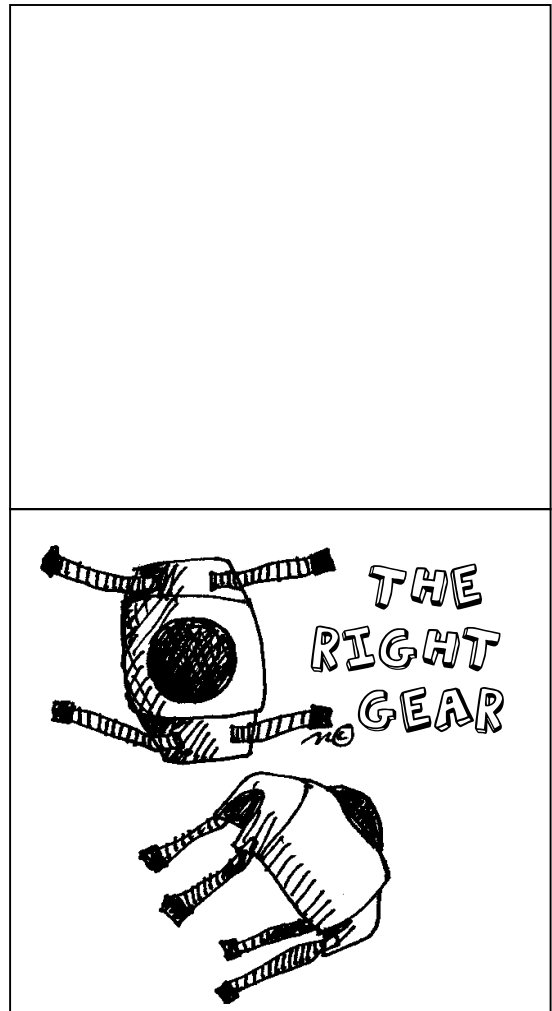
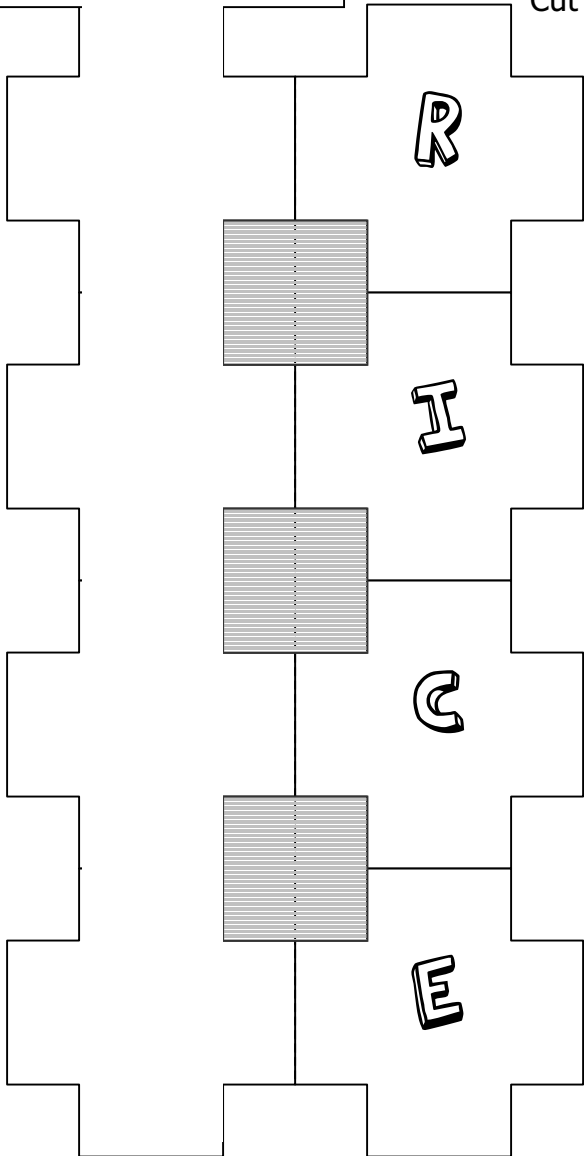
SUN
SENSITIVE



Cut out as one piece. Mountain fold Title down and glue in place. Fold book in center along dotted line. Cut out gray areas, and then cut flaps on front only. Write the steps for properly taking care of a sprain under flaps.



Cut out simple folds as one piece and fold in half.



Clipart courtesy of <http://school.discoveryeducation.com/clipart/>

Cut out as one piece and accordion fold so cover is on top. Choose one of the graphics to glue to cover, or draw your own.
The rest of the graphics can be glued throughout lapbook, if desired.

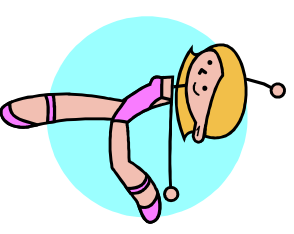
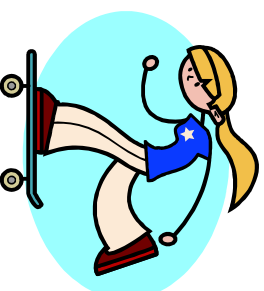
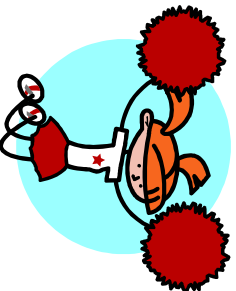
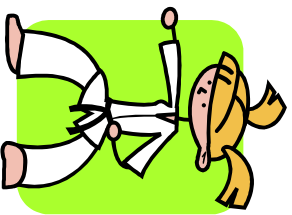
Have you ever
been hurt when
playing a sport?
If so, how?

What new sport
would you like to
try?

What sport are
you best at?

What sports do
you like to play?

SPORTS



Cut out as one piece. Mountain
fold all flaps so cover comes
down on top.

What is enuresis?

Why does it happen?


How can you prevent it?

What is insomnia?

**What are some things
you can do to help you
get to sleep?**

SLEEP TROUBLES



| | | |
|--|---|--|
| <p> MY BEDTIME ROUTINE </p> |  <p> WHEN DOO </p> | <p> HOW DOES EXERCISE HELP? </p> |
| <p> MY BEDTIME ROUTINE </p> | <p> This section gets glued </p> | <p> WHAT SHOULDN'T I DRINK BEFORE BED? </p> |

Cut on solid lines. Mountain Fold the four side flaps on dotted lines.
 Then Mountain Fold on dotted line so cover is on top.

PUBERTY

What is it?

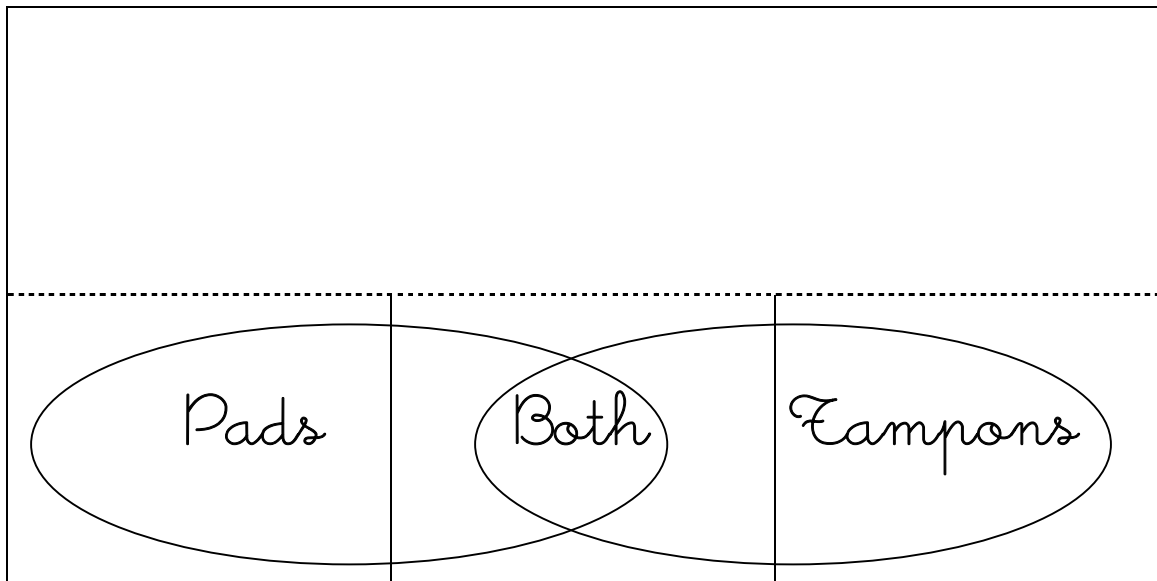
When does it happen?

What causes it?

Cut on solid lines. Stack with smallest on top. Staple where marked. Refer to Body Basics in The Care and Keeping of You to complete.



How will your body change?



Cut on solid lines. Mountain fold on dotted line.
Compare and Contrast pads and tampons under flaps.

| | | |
|-----------------------|--|--|
| Menstruate | | |
| Toxic Shock Syndrome | | |
| Premenstrual Syndrome | | |

| | | |
|---|--|---|
| A period of time each month when fluid containing blood flows out of the uterus and through the vagina. | A serious infection you can get if you leave a tampon in too long. | Physical and emotional changes you feel right before you get your period. |
|---|--|---|

Cut out flap book on solid lines. Mountain fold on dotted lines.
Definitions can be written under flaps, or you can cut out and glue provided definitions.

Cut on solid lines. Accordion fold on dotted lines.

Perfectly You!



My nose is _____.

My eyes are _____.

My body is _____.

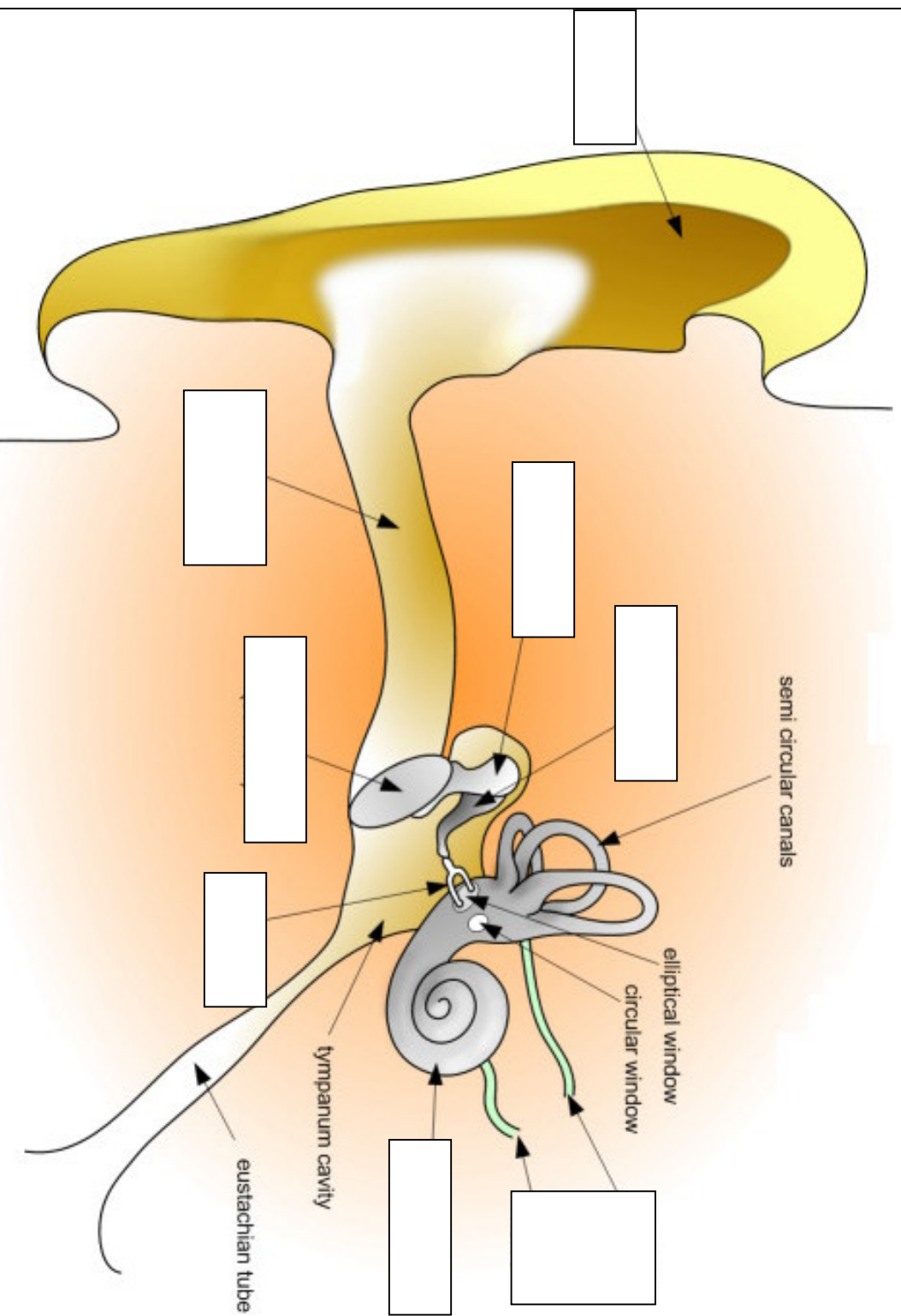
I look a lot like _____.

My Height: _____

My Weight: _____

Label the following parts of the ear:

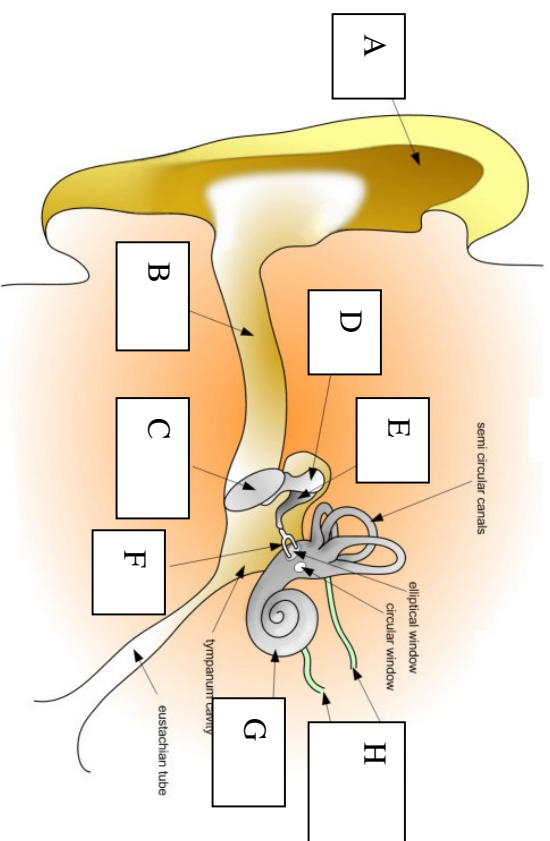
- (A) Auricle (B) Ear Canal (C) Eardrum (D) Hammer
(E) Anvil (F) Stirrup (G) Cochlea (H) Nerves

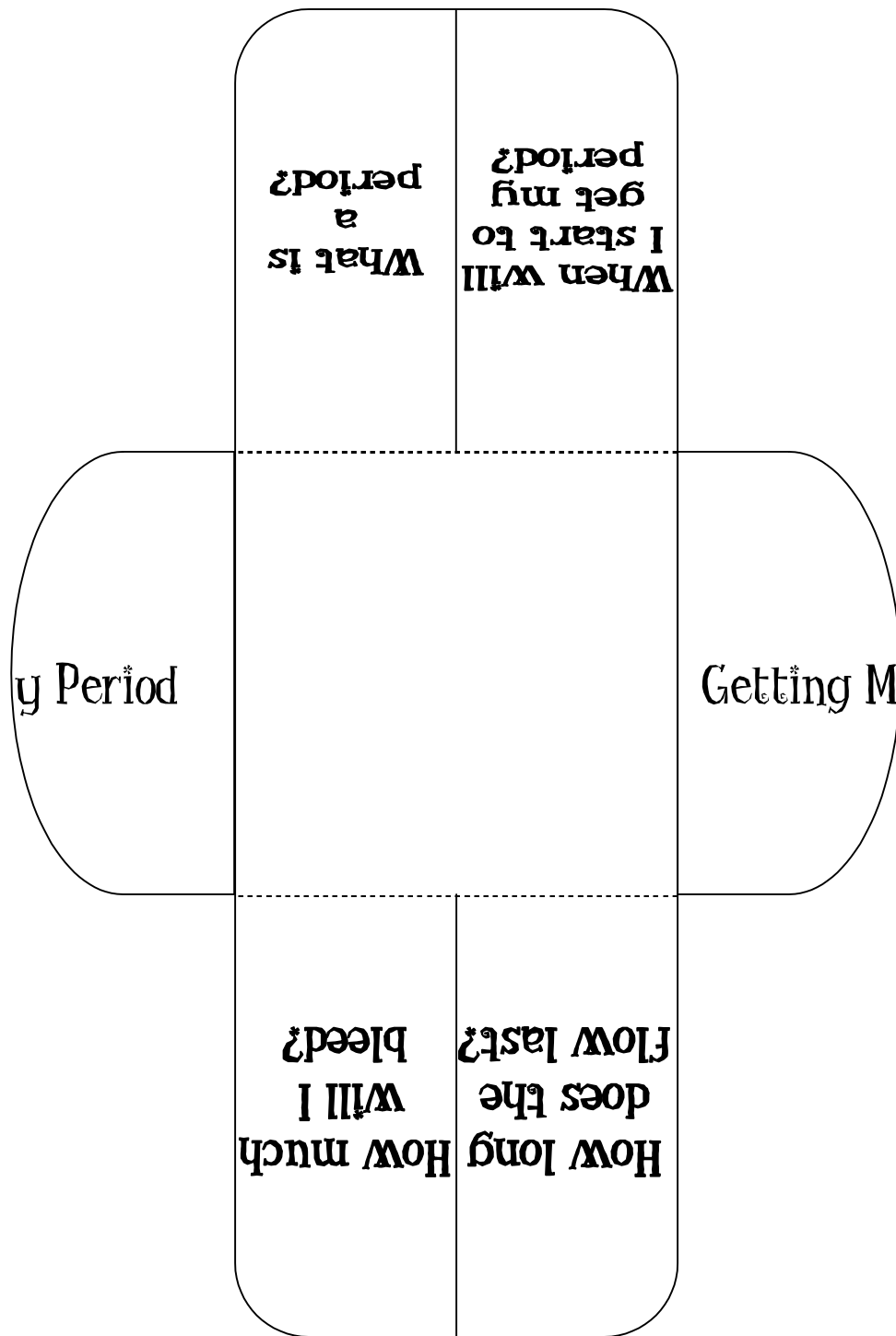


Parts of the Ear



Cut out Ear Diagram on solid lines.
Have child fill out appropriate parts.
Fold in half with text to inside.
Cut out and glue title graphic to cover.

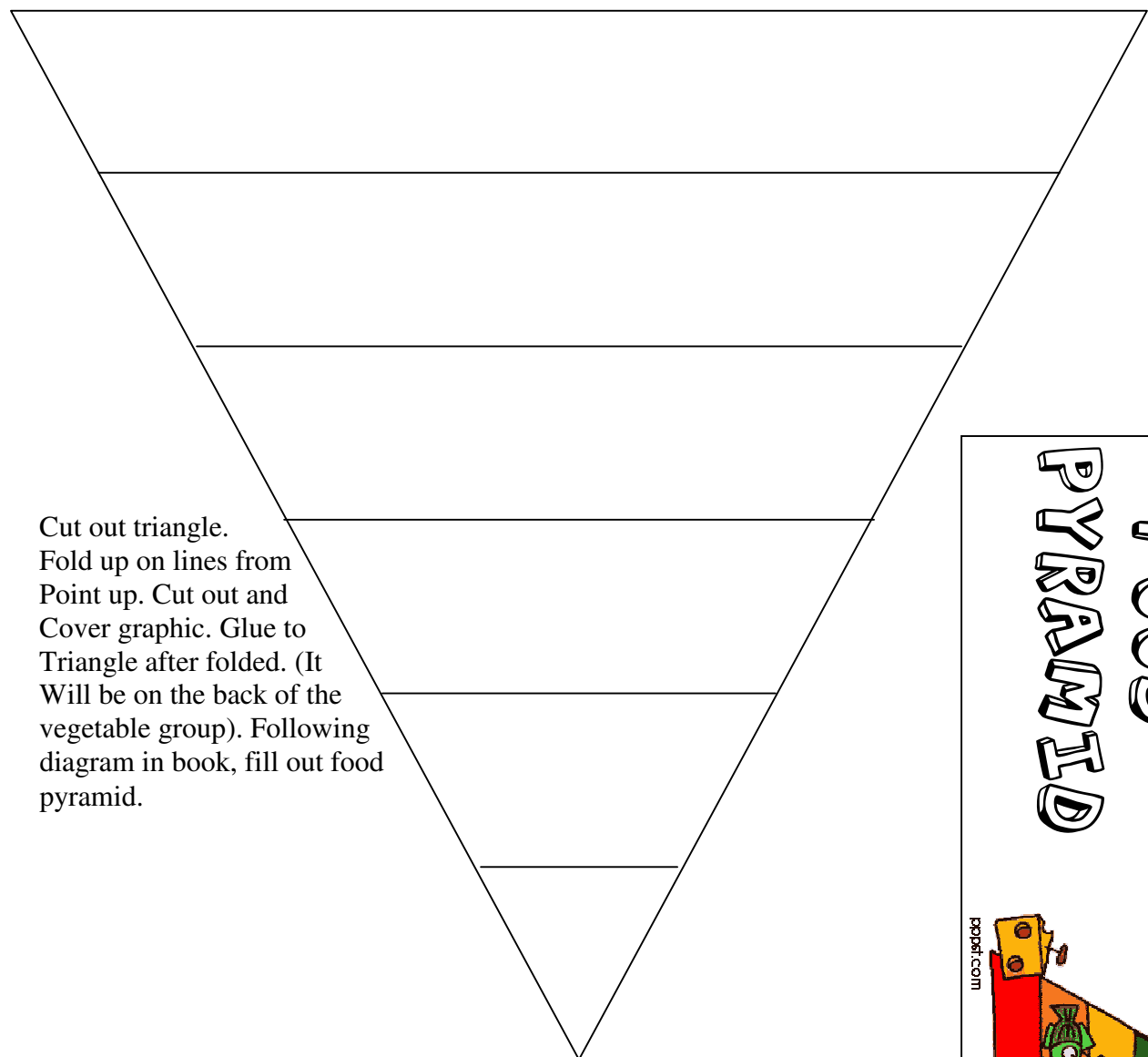




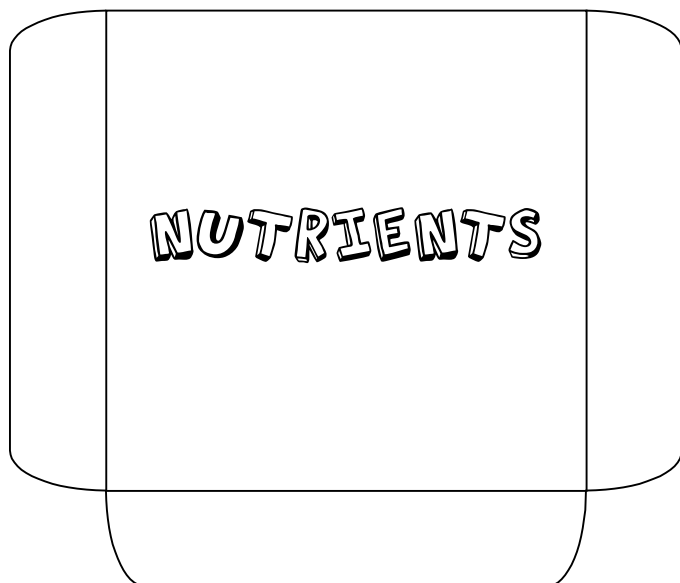
Cut out pad as one piece. Mountain fold on dotted lines.
 Fold wings so they cover front of book.
 Write answers on back of flaps.

| | | |
|---------------|----------|-------|
| Protein | Minerals | Fiber |
| Carbohydrates | Vitamins | Fats |

Print on cardstock. Cut out all cards on solid lines.
 On each card, write where the nutrients are found and why they are needed.
 Cut out pocket as one piece. Fold under tabs and glue into lapbook.
 Stack cards from smallest to largest and store in pocket.



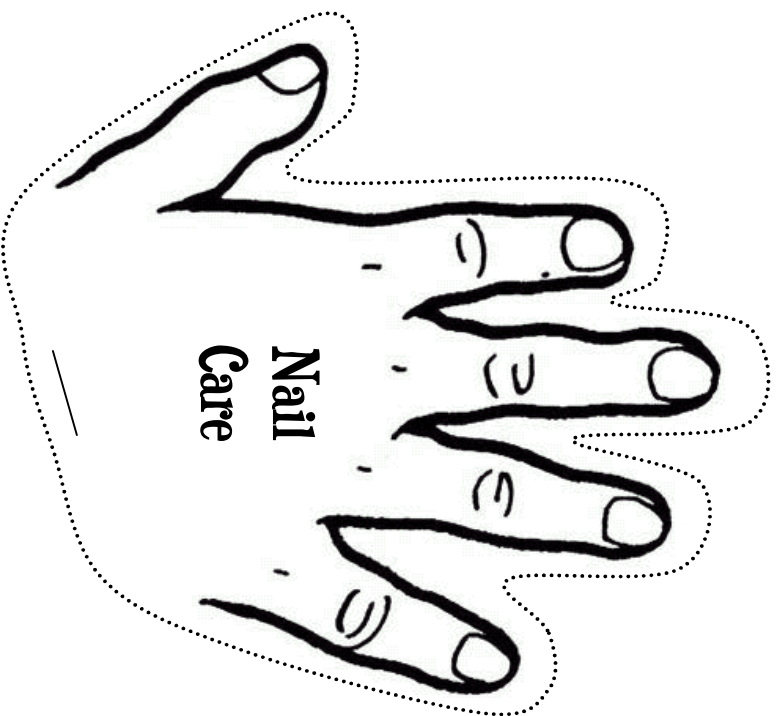
Cut out triangle.
Fold up on lines from
Point up. Cut out and
Cover graphic. Glue to
Triangle after folded. (It
Will be on the back of the
vegetable group). Following
diagram in book, fill out food
pyramid.



**FOOD
PYRAMID**



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What should you scrub
your nails with?

How often should you trim
your nails?

What do you use to round off sharp
corners or ragged edges?

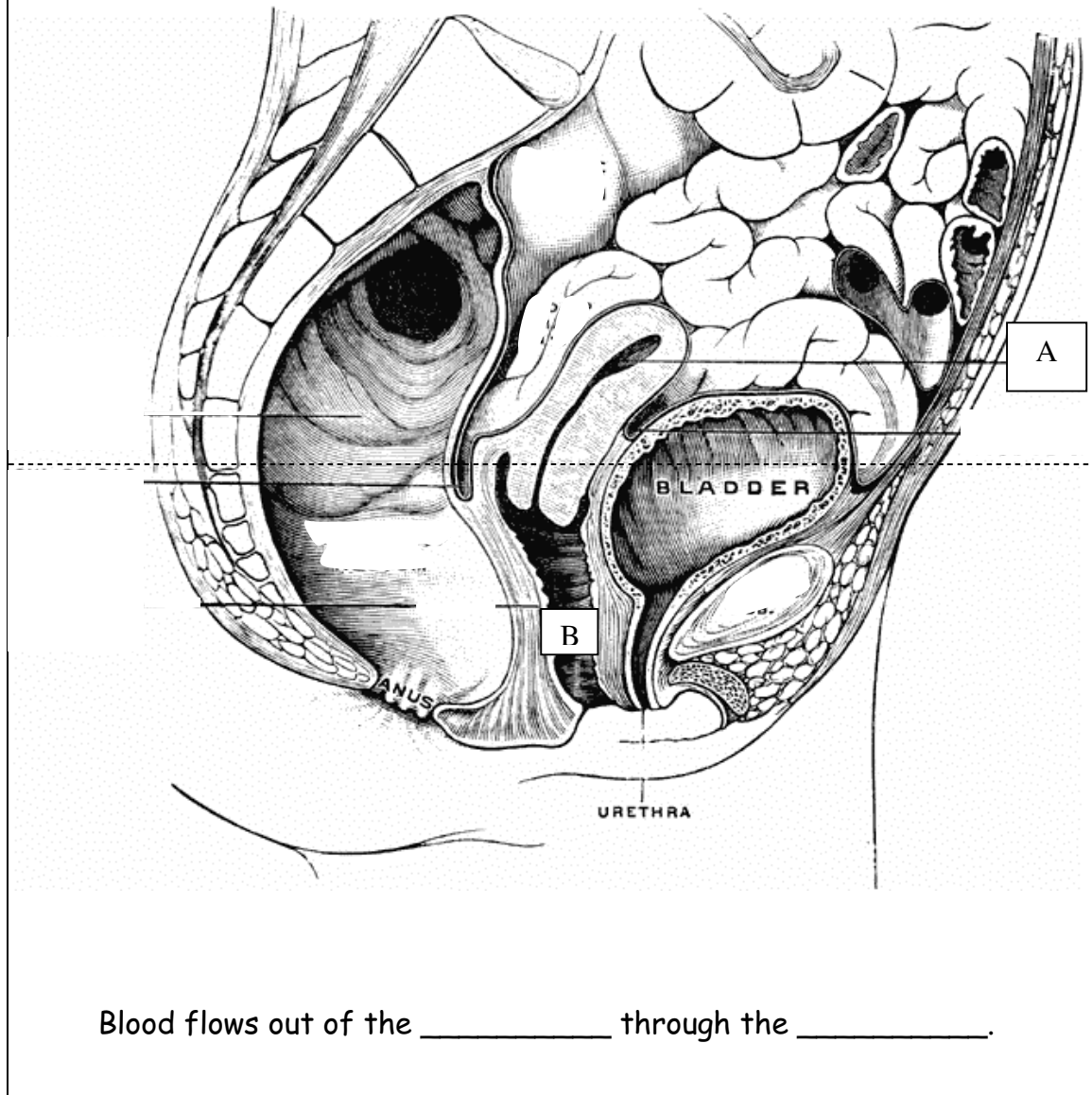
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Cut out hands on dotted lines. Staple at bottom with cover on top.
Color or decorate fingernails if desired.

Write the letter of the correct body part below:

Vagina _____

Uterus _____



Cut out book as one piece. Valley fold on dotted line. Cut out and glue title to cover.

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My
Body

Step 1:

Step 2:

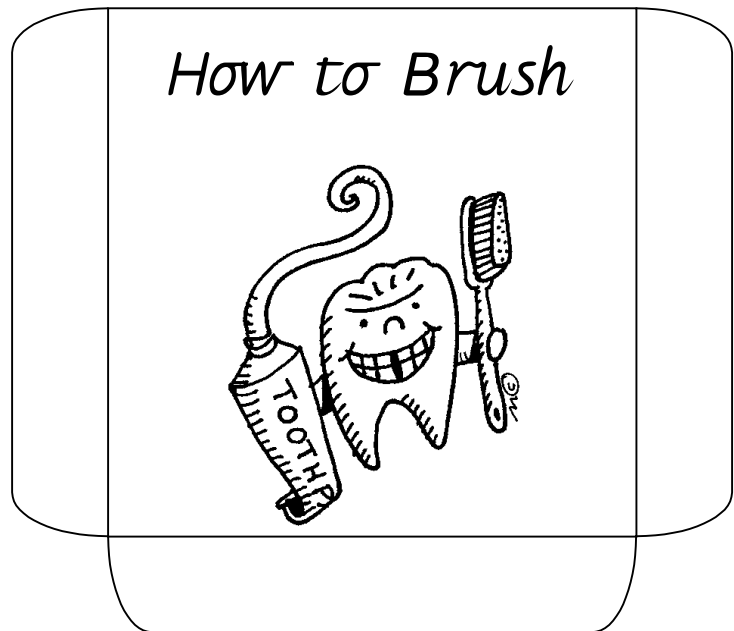
Cut cards on solid lines.

Cut pocket as one piece.
Fold under tabs and glue
into lapbook.

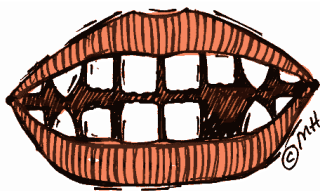
Store cards in pocket.

Step 3:

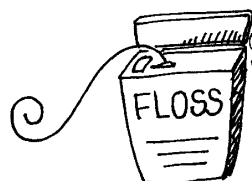
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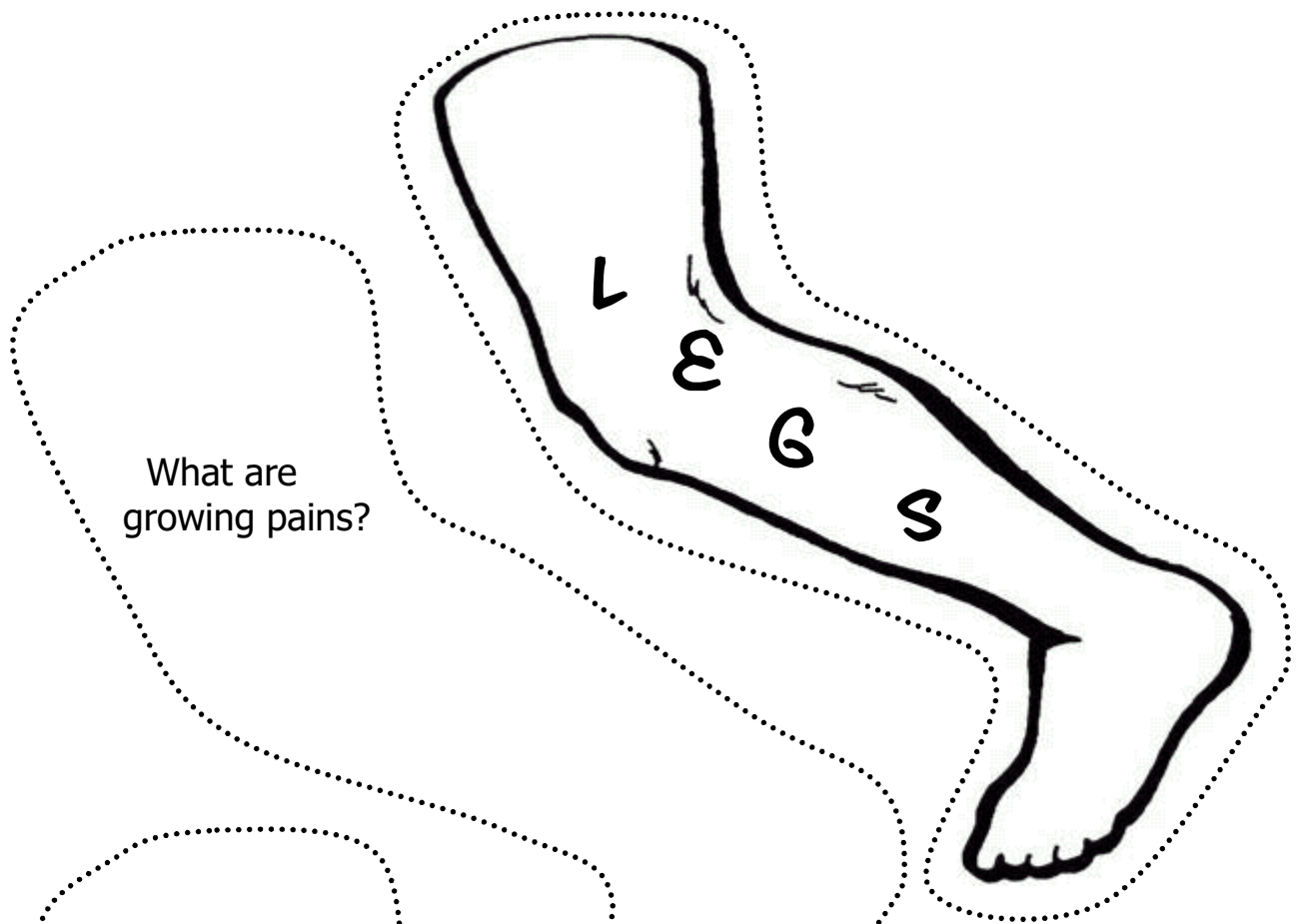
What is Plaque?



Cut out plaque matchbook as one piece. Fold matchbook style.



Cut T-book as
one piece.
Fold sides in
and cover
down over
top.



What are
growing pains?


To shave
or not to shave?

Where to shave?

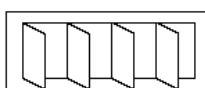
Cut out all legs on dotted lines.
Stack and staple at thigh.

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| | | | |
|--|--|--|-------------------------------|
| | <p>WHEN and WHY SHOULD YOU WASH YOUR HANDS✂</p> | | <p>WHAT is a WART✂</p> |
| | <p>DO YOU HAVE any BAD HAND HABITS✂ if so, WHAT✂</p> | | <p>WHAT is a CALLOUS✂</p> |

| | |
|---|--------------|
| | |
|  | <p>HANDS</p> |

Cut out four small books and one large book on solid lines. Fold on dotted lines.
Small books will get glued into larger book to look like diagram.
Write answers inside books.





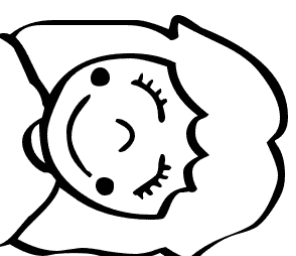
Cut on solid lines. Mountain fold on dotted lines. Under each flap write hair do's and don'ts referring to pages 16-17 in The Care and Keeping on You.



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because many minds make light work



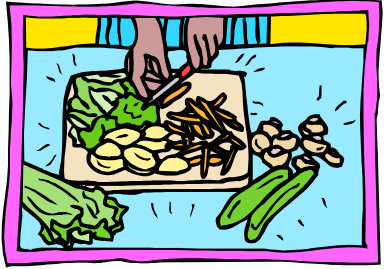
[illegible]

Four Face Facts



Cut out as one piece. Cut on solid lines.
Mountain fold side flaps on dotted lines.
Mountain fold title and glue down.

Under flaps, write four face facts referring to pages 30-31.

| Best Beverages | Smart Snacks | Going Vegetarian |
|--|--|---|
| | | |
|  |  |  |

Cut out each matchbook on solid lines. Mountain Fold on dotted lines.

| | | |
|--|--|--|
| | <p>What does moderation mean?</p> <p>When is the best time to eat?</p> | |
|--|--|--|

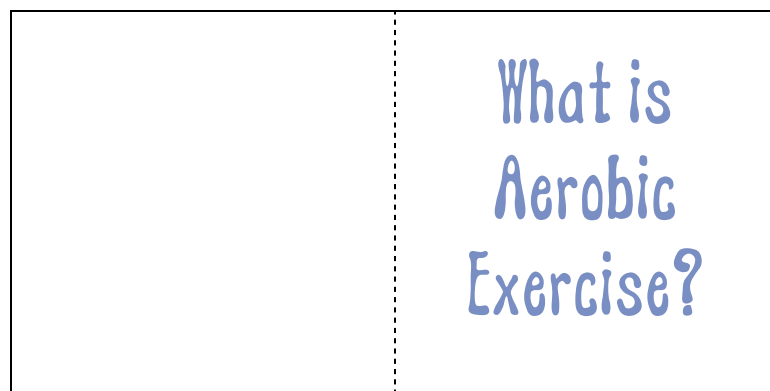


Cut out shutterfold on solid lines. Valley fold on dotted lines. Cut out and glue title graphic to both cover flaps.

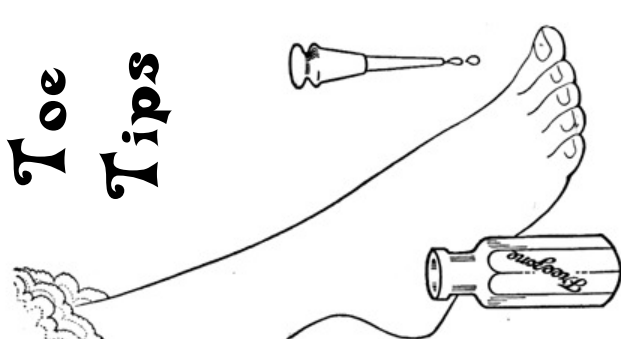


Benefits of Exercise

Cut out pocket as one piece. Cut slit on line. Cut out slide as one piece. Place slide through slit. Glue pocket into lapbook, being sure that slide moves freely.



Cut on solid lines. Mountain fold on dotted line. Record answer inside fold.

| | | | |
|--|--|--|---|
|  <h1>Toe Tips</h1> | | <p>My favorite color _____</p> <p>to paint my _____</p> <p>toenails is _____</p> | <p>When buying _____</p> <p>shoes, make sure _____</p> <p>you give your _____</p> <p>toes _____ to _____.</p> |
| <p>Use a _____</p> <p>to clean under _____</p> <p>your toenails.</p> | <p>When is the best _____</p> <p>time to trim your _____</p> <p>toenails?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>What is an _____</p> <p>ingrown toenail?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> | <p>How can you _____</p> <p>prevent an _____</p> <p>ingrown toenail?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> |

Cut out on solid lines. Mountain fold on the solid/dotted line, and then unfold. Mountain fold on center dotted line and cut the solid line in center. Push the pages together, spreading the gap you just cut, so it looks like a plus sign. Continue to squeeze together and fold the pages until you have a book with the cover on top and blank page on the back. You can use the book to draw your own flowers or to paste in the flower graphics provided.



P.U.!

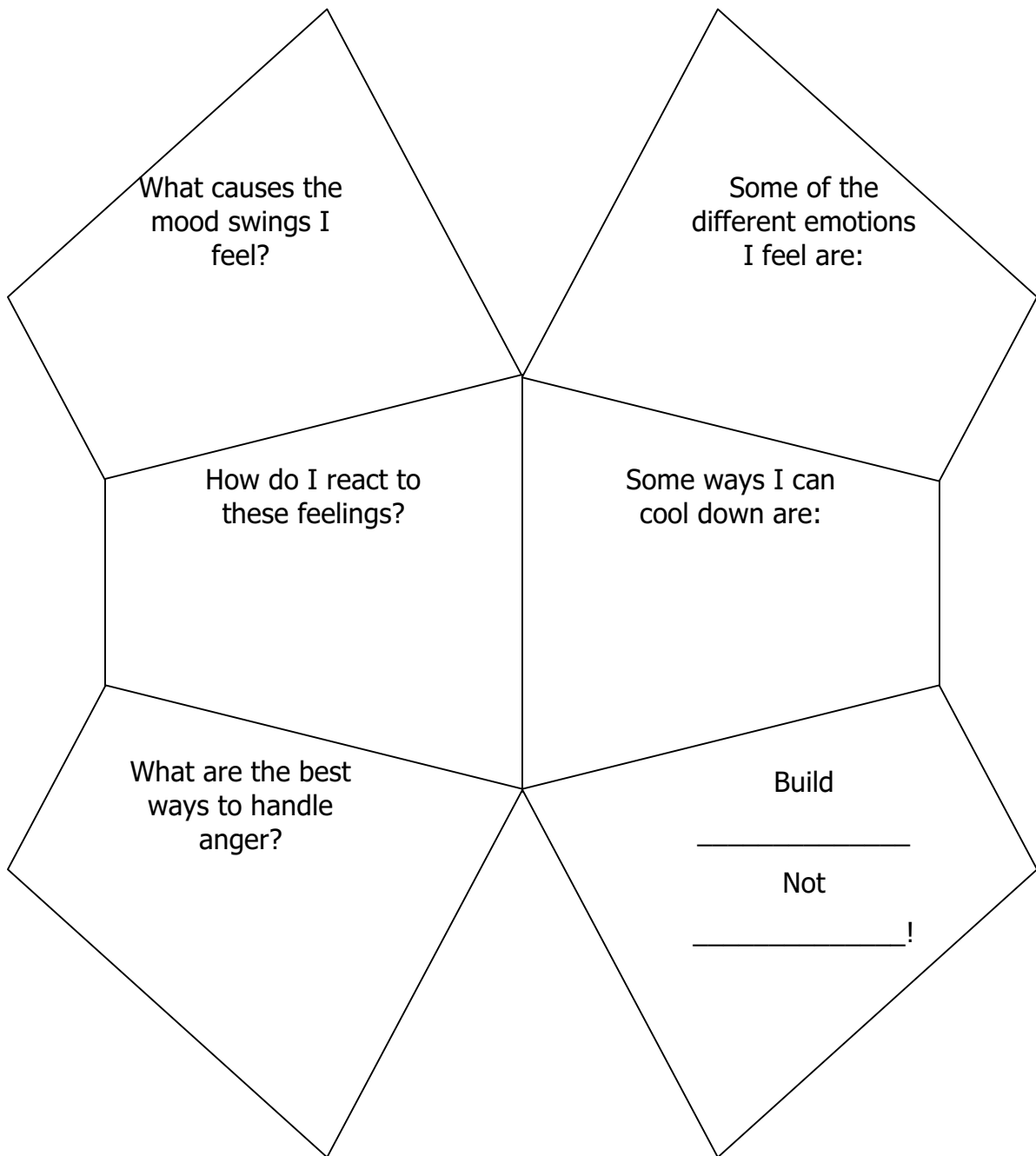
Ouch!

Itchy!

Cut out all feet on dotted lines.

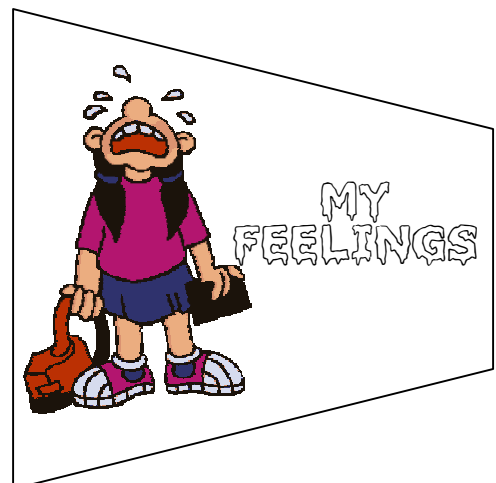
Stack with cover on top and staple where marked.

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Cut out double trapezoid book as one piece. Valley fold both bottom flaps up, then valley fold both top flaps down. Fold left side over right. Cut out and glue graphic to cover.

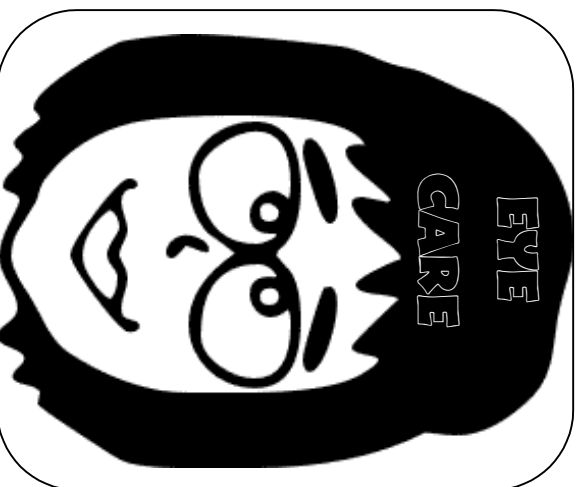
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Cut out as one piece. Accordion fold so cover is on top.

Survey 10 people to see if they wear glasses or contacts. (If they wear both, have them choose the one they wear the most often)

Write a fraction to show how many people wear each. Reduce the fraction as necessary.

| | | |
|--|--|--|
|  | <p>You may need glasses if:</p> <ol style="list-style-type: none">1.2.3. <p>If you have trouble seeing things that are far, you may be _____.</p> <p>If you have trouble seeing things that close, you may be _____.</p> | <p>My survey of 10 people shows that:</p> <p>_____ Wear Glasses</p> <p>_____ Wear Contacts</p> <p>_____ Wear Neither</p> |
|--|--|--|

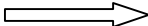


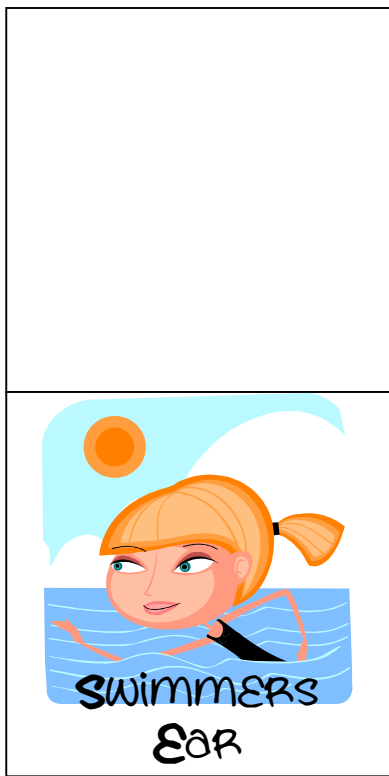
EATING DISORDERS

ANOREXIA

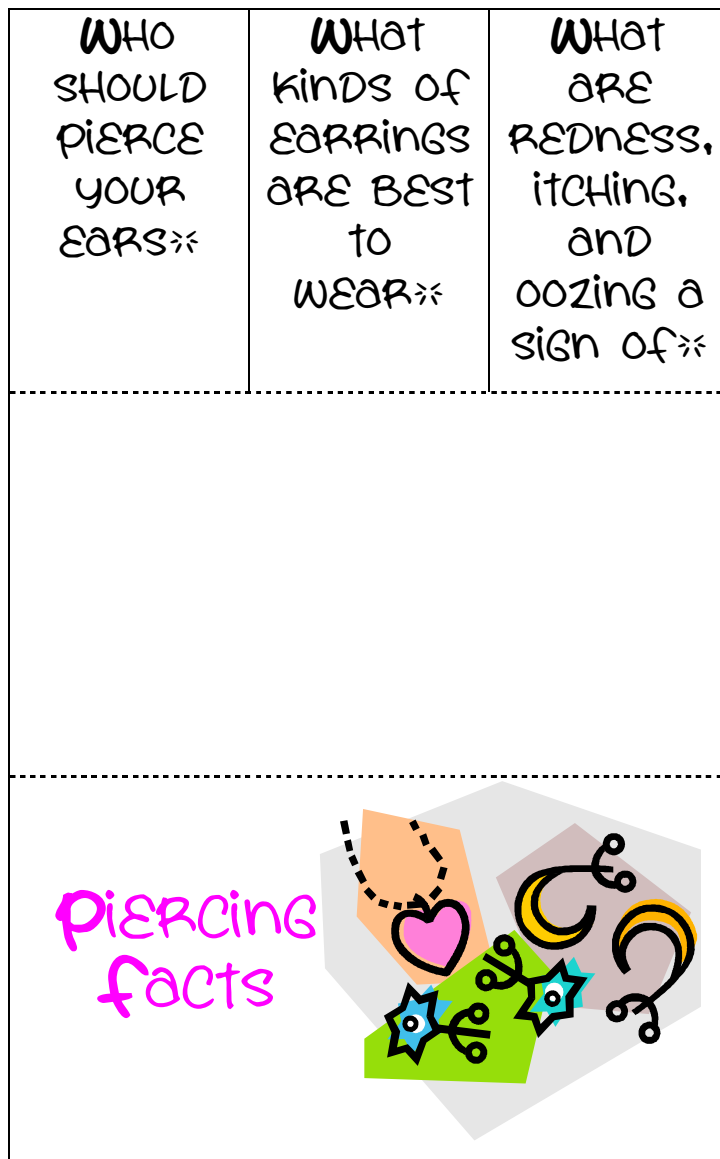
BULIMIA

Cut out all pages on solid lines.
Stack so there are two tabs on the top.
Staple together where marked.

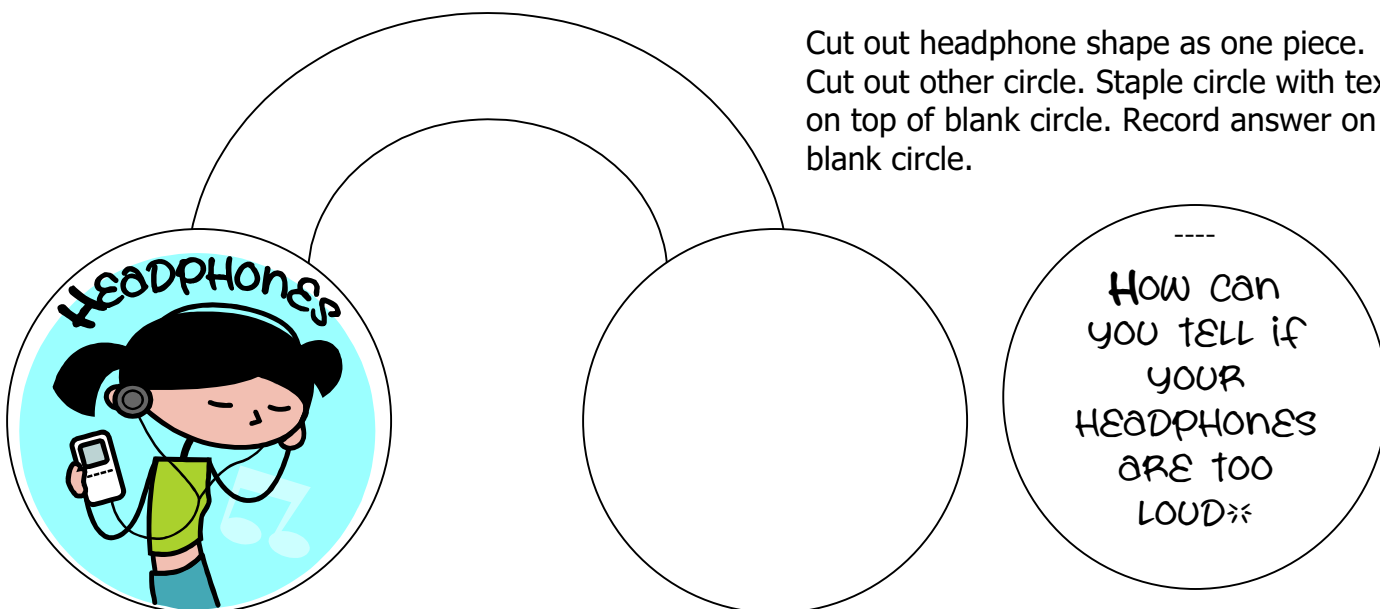

 Cut on solid lines. Mountain fold on dotted lines. Write answers under flaps.



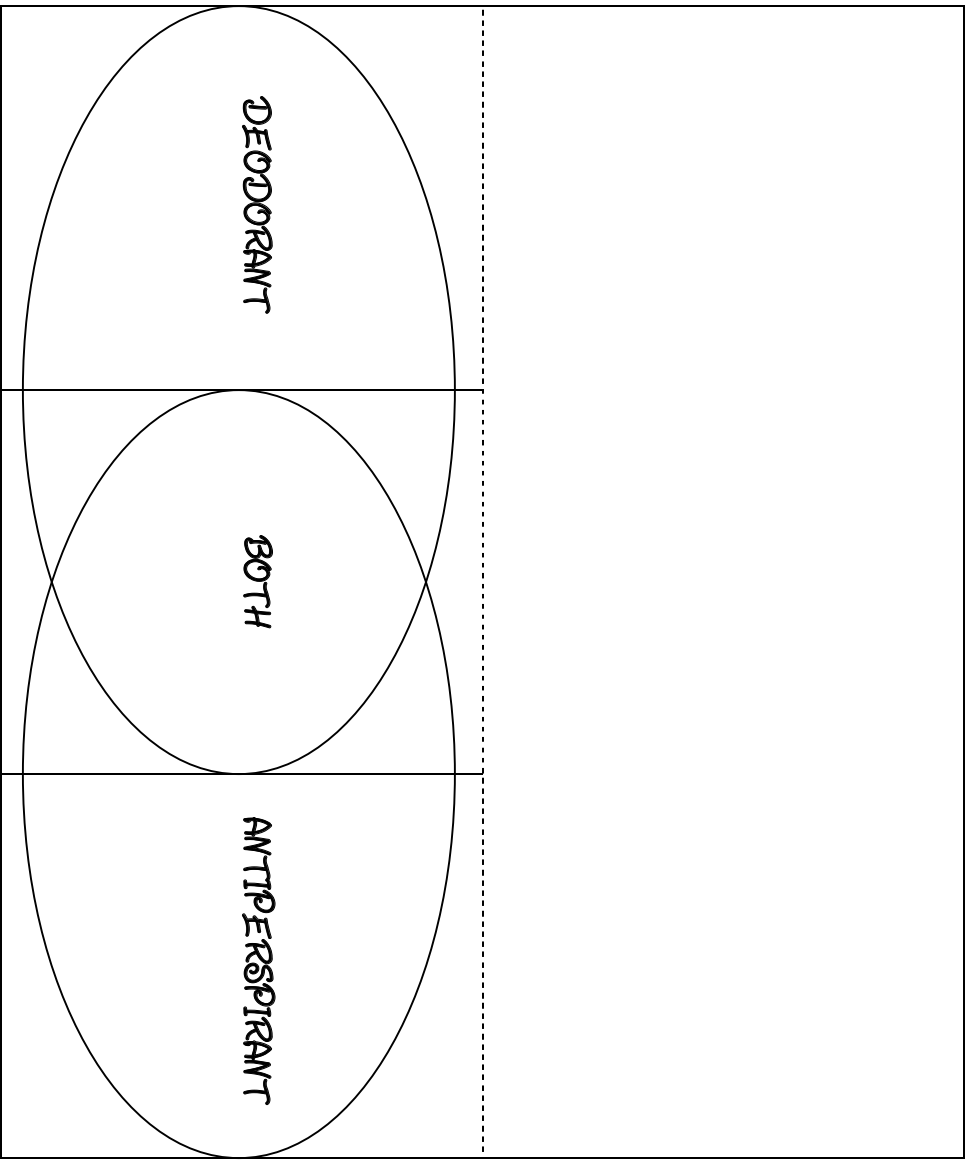
Cut out as one piece. Mountain fold in center. Inside, describe what swimmers ear is and how to prevent and cure it.



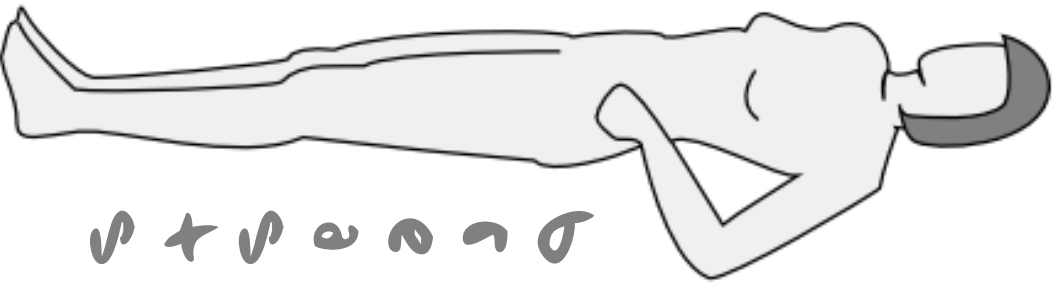
Cut out headphone shape as one piece.
 Cut out other circle. Staple circle with text on top of blank circle. Record answer on blank circle.



Cut out as one piece on solid lines. Mountain Fold on dotted line, so that text is on top. Cut flaps on solid lines.



Cut on solid lines. Mountain fold on dotted lines. Write answers under flaps.

| | |
|--|--|
| <p>How many stages of development are there?</p> | <p>What stage are you in?</p> |
|  | |
| <p>What are budding breasts a sign of?</p> | <p>What is the areola? What does inverted mean?</p> |

Why wear one?

What kinds are available?

My preference is...

My rib number is:

My cup letter is:

My bra size is:

Cut out on solid lines. Valley Fold on dotted lines. Cut out and glue graphic to cover.

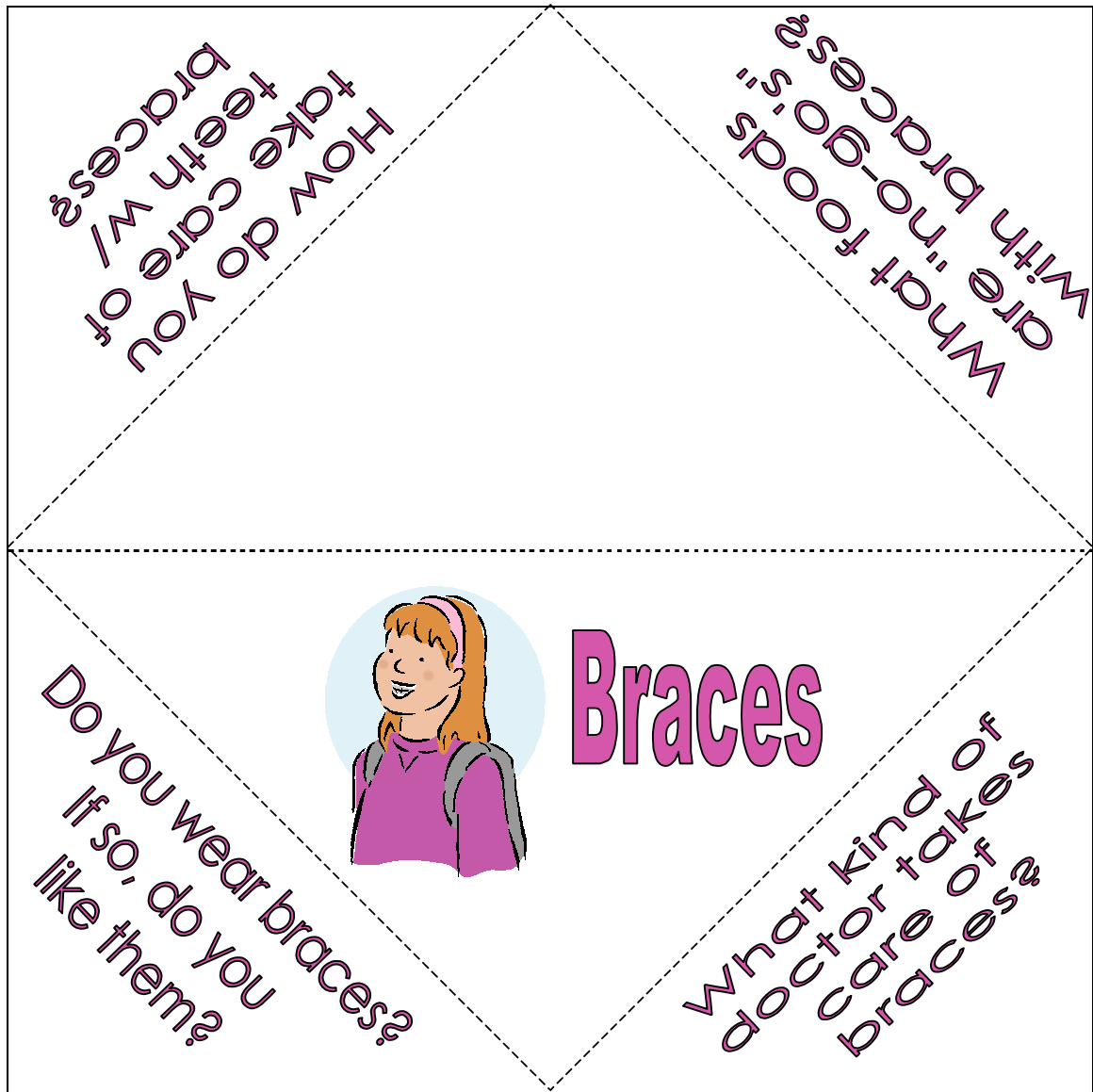


My First Bra

Cut out as one piece. Mountain fold on solid line. Inside, write a description of your first bra, or write a short story about your experience buying one. Who did you go to the store with? What color did you choose? How much did it cost?

Cut out on solid lines. Mountain Fold each corner on the dotted line so words are to outside.
Mountain Fold in half on dotted line so that cover is on top.
Have child write answers under each flap.

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BODY TALK

Sleep

My Question

Mom's Answer

My Question

Cut on solid lines. Stack with smallest on top. Staple where marked. Daughter will write her questions, and Mom will write the answers.



Mom's Answer

BODY TALK

Skin

My Question

Mom's Answer

My Question

Cut on solid lines. Stack with smallest on top. Staple where marked. Daughter will write her question about skin, and Mom will write the answer.



Mom's Answer

BODY TALK

Period

My Question

Mom's Answer

My Question

Cut on solid lines. Stack with smallest on top. Staple where marked. Daughter will write her questions, and Mom will write the answers.



Mom's Answer

BODY TALK

Food

My Question

Mom's Answer

My Question

Cut on solid lines. Stack with smallest on top. Staple where marked. Daughter will write her questions, and Mom will write the answers.



Mom's Answer

BODY TALK

Breasts

My Question

Mom's Answer

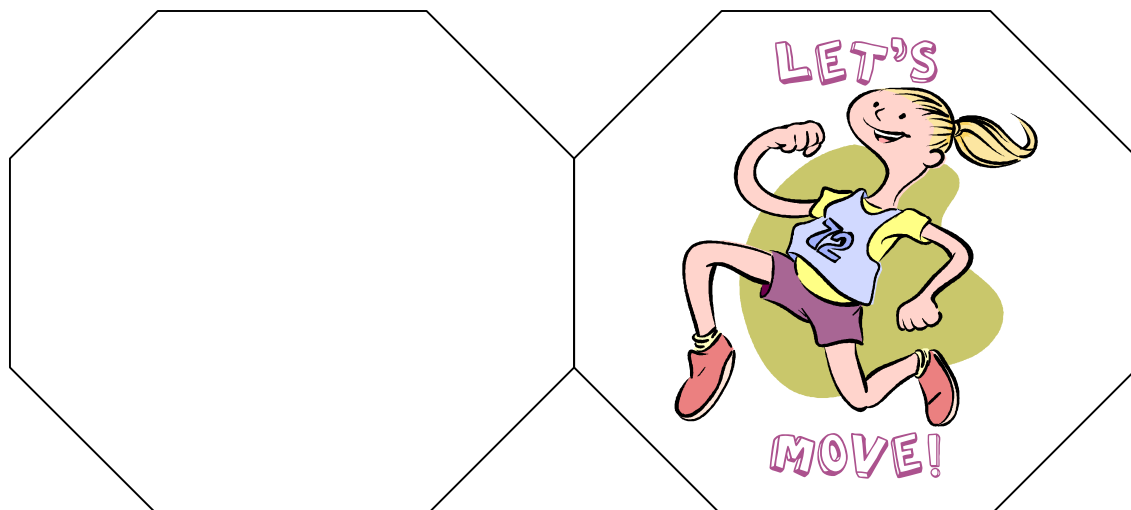
My Question

Cut on solid lines. Stack with smallest on top. Staple where marked. Daughter will write her questions, and Mom will write the answers.



Mom's Answer

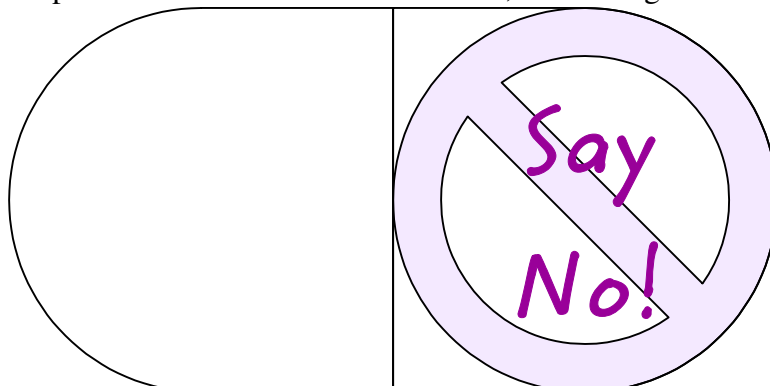
Cut out as one piece. Mountain fold in center. Inside, write ways you can get moving!



Cut out as one piece. Mountain fold in half. Inside, write ways your body talks to you.



Cut out as one piece. Mountain fold in half. Inside, write things a smart girl avoids.



Like newborn babies, crave
pure spiritual milk, so that by
it you may grow up in your
salvation.

1 Peter 2:2

Man looks at the outward
appearance, but the Lord
looks at the heart.

1 Samuel 16:7

Cut on solid lines. Valley fold on dotted lines. Glue Title to cover.

Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty.

John 6:35

Favour is deceitful, and beauty is vain: but a woman that feareth the Lord, she shall be praised.

Proverbs 31:30

Cut on solid lines.
Mountain Fold both sides in on dotted lines, and then mountain fold
in half on dotted line so cover is on top.

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|-----------------------------------|------------------|------------------------------------|----------------------------|
| <p>How can acne be prevented?</p> | <p>Glue here</p> | <p><i>A C N E!</i></p> | <p>Why do we get acne?</p> |
|-----------------------------------|------------------|------------------------------------|----------------------------|

Cut out both circles. Stack and staple at top.

