

Instructor Resource



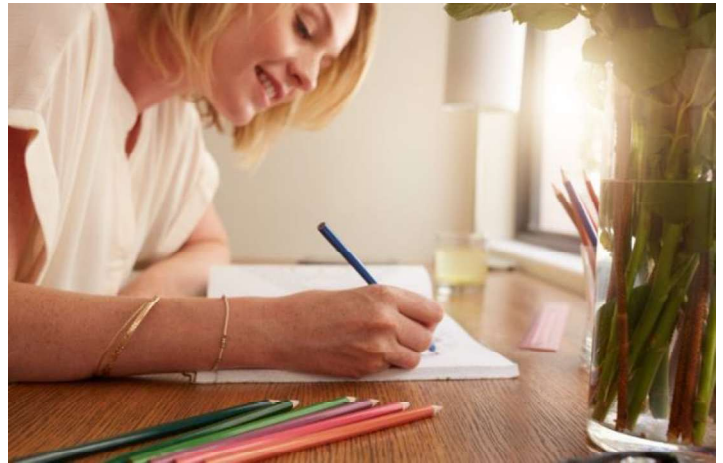
Trail Guide to the Body 7th edition

CLASSROOM ACTIVITY

Coloring

Purpose:

Coloring is not just for kids! It is a helpful kinesthetic exercise with a big visual payoff. Working alone or in groups, students can color diagrams or each other's bodies. With a minimum of supplies, you can facilitate a creative and powerful learning experience in the classroom that students can repeat during their own study time.



Equipment:

- Colored pencils or markers
- Illustrations to color

Time:

10–30 minutes (or as long as you would like to play)

Variations of This Activity

Option 1: Body Coloring

Provide washable markers or paints and ask students to draw muscles or landmarks on their partners. A word to the wise: When planning an exercise that includes drawing muscles, landmarks, or other structures on students' arms or legs, make sure to use body markers, which are made specifically for coloring and drawing on the skin.

Option 2: Skeletal Diagrams

Provide a skeletal drawing and ask students to shade the areas of each muscle's origin and insertion. Ask the students to make the origins one color and the insertions another.

Provide a skeletal drawing (full or partial skeleton) and instruct students to draw the muscles in the correct locations.

Option 3: *Illustrations*

Provide illustrations of muscle groups and allow students to color each muscle of the group with a different colored pencil or marker.

Option 4: *Color on PowerPoint Images*

Project skeletal slides on a whiteboard and have students color the muscles on the board one by one.

Option 5: *Life-Size Drawings*

Provide a group of students with a large piece of butcher paper and have them create life-size drawings of bones and muscles.