

# Pack 4: Organs



## Brain

The control center of everything you think, feel, and do. Your brain processes signals from your senses, stores your memories, and sends instructions to the rest of your body.



## Heart

A muscle that never stops. Your heart pumps blood around your body about 100,000 times a day, sending oxygen and nutrients to every single cell.



## Lungs

You breathe in, and your lungs pull oxygen from the air into your blood. You breathe out, and they push carbon dioxide back out. About 20,000 breaths a day.



## Intestine

A long, winding tube where food gets broken down and nutrients get absorbed. It starts at your stomach, runs for meters through your body, and keeps going to the end.



## Liver

The body's chemical processing plant. Your liver cleans the blood, stores energy, helps digest food, and quietly runs hundreds of other jobs behind the scenes.



## Kidneys

Two small organs that filter your blood and remove waste. They also control how much water stays in your body, adjusting the balance all day long.



## Skin

Your biggest organ, and the one you can see. Skin keeps everything inside protected, helps control your temperature, and lets you feel the world through touch.



## Bone

Living tissue that rebuilds itself all the time. Bones protect your organs, store minerals, and make new blood cells deep inside the marrow.