

Build your Body Clock

Did you know that your body has its own built in clock? Your body uses chemical messengers called hormones to decide when to do things. It tells your body when to wake up, when to sleep, when to eat and when you are full. Different hormones increase and decrease in waves throughout the day.

You will need:

- Clock template
- Scissors to cut out the clock template
- A green pencil
- A blue pencil
- A normal pencil
- A ruler
- A green, red, yellow and blue felt-tip pen or small stickers

Instructions

1. Cut out the clock template on the following page.
2. What time do you wake up and what time do you go to sleep? Use a ruler to draw lines showing these times. Colour in your 'awake' time with a green pencil and your 'asleep' time with a blue pencil - using pencils means you can draw things on top!
3. What time of day do you feel most hungry? Draw a picture on your clock of your favourite food at the time you get most hungry.
4. The more of a hormone there is in our blood, the bigger the effect it has. Read the descriptions of the following hormones. For each hormone, mark on your clock when you think there is going to be a lot of it in your blood. (Use a different colour for each hormone).

Cortisol	Ghrelin	Leptin	Melatonin
Made and released by glands in our kidney. Cortisol help control when we wake up.	Made by our stomachs, ghrelin tells our brain when we are hungry.	Made by fat cells, this hormone tells our body when we are full.	Made by a tiny gland in our brain which releases more melatonin as it gets dark. This hormone makes our body feel sleepy.

Adults and children's body clocks run on different times. Ask your grown ups about their body clock and see how it is different from yours.

