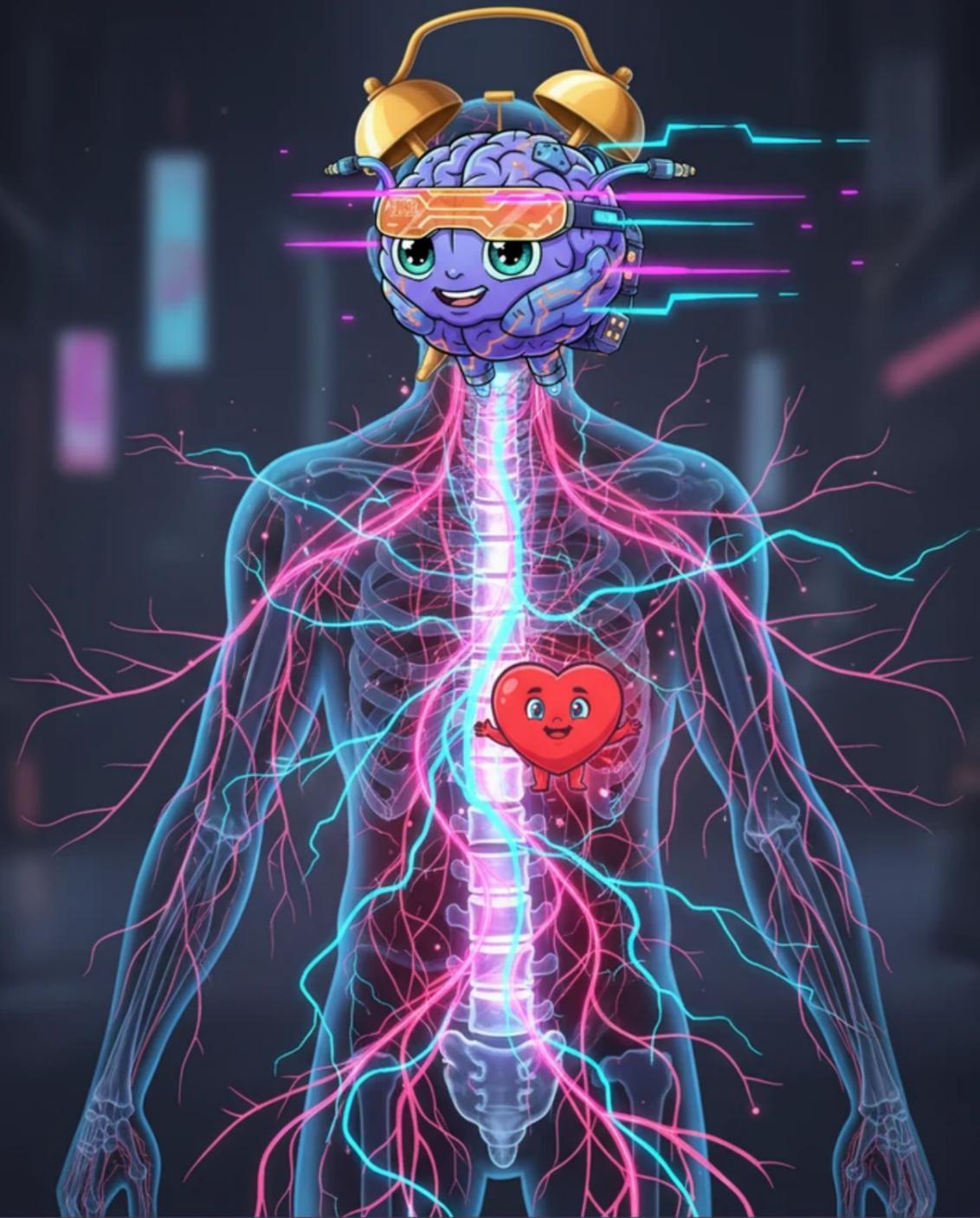


# Jordan's Amazing Inner Team

Chelsea Akpan



Meet Jordan! Jordan is just like you—full of energy, ideas, and big plans for the day. Inside Jordan’s body, five amazing systems are getting ready to work together as Jordan wakes up in a cozy bedroom filled with morning light while tiny icons of a heart and brain peek out with smiles.



Good morning! Jordan's nervous system is the first to wake up as the brain, wearing a silly alarm clock hat, sends fast messages called impulses through neurons and nerves. Down the glowing spinal cord they go, acting like tiny lightning bolts telling every part of Jordan's body to wake up and get ready.



Jordan jumps out of bed and now the circulatory system speeds up to keep pace with the morning rush. A happy, personified heart pumps blood through a network of colorful tube-like roads, carrying oxygen in red blood cells so Jordan can move, think, and play with boundless energy.



Jordan is running a bit late and starts breathing fast to catch up. The respiratory system helps by pulling fresh air into balloon-shaped lungs, where the diaphragm moves up and down like a bellows to swap carbon dioxide for life-giving oxygen.



It is finally time for breakfast, and the digestive system gets straight to work on the morning fuel. Food slides down a colorful esophagus like a fun park ride, reaching the stomach where enzymes break it down so the small intestine can absorb all the nutrients Jordan needs.



Jordan heads out the door, using the muscular system to make every movement possible. Strong cartoon muscles flex and pull on tendons like strings on a puppet, helping Jordan walk, wave to friends, and run toward the school bus with a big smile.



All day long, Jordan's body systems work together in perfect harmony like a legendary superhero team. The brain sends signals, the heart pumps, the lungs breathe, and the stomach fuels while the muscles keep everything in motion, all holding hands to show their strength.



Just like Jordan, your own body works incredibly hard every single day, even when you are not even thinking about it. By eating well and staying active, you take care of your body, and your body will take care of you in return, shown by Jordan's glowing, healthy outline.



Our story comes to an end, but the incredible work inside you never truly stops. The friendly system characters wave a cheerful goodbye, continuing to sparkle and move within the body to keep you healthy, happy, and ready for any adventure.



As night falls and Jordan drifts back to sleep, the inner team stays on duty to repair and recharge for tomorrow. The brain organizes memories and the heart beats a gentle rhythm, ensuring Jordan wakes up refreshed and ready for another wonderful day of play.