Make your own body clock!

Your body has its own clock!

Special signalling molecules called hormones tell our bodies:

- When to wake up
- When to eat and when we are full
- When to go to sleep

Different hormones increase and decrease in waves throughout the day.

You can make your own body clock like the one below to take home—pick up a leaflet and template or ask our team to help you make one.

Fix/ paste the example clock here

www.societyofbiology.org
www.yourhormones.info
How to make your own body clock!

What time do you wake up and what time do you go to sleep?

- Use a ruler to draw lines showing these times and colour in the ‘awake time’ with a green pencil and the ‘asleep time’ with a blue pencil—use pencil so you can draw things on top!

What time in the day do you feel most hungry?

- Use a felt-tip pen to draw a picture of the food you like to eat at the time you get most hungry

Now look at the chart below to colour-code your body clock with the stickers to help you remember the hormones that make your body tick!

- Cortisol is made and released by glands in our kidneys. Cortisol controls how we get energy from our foods and how our lungs and heart work.
- Grehlin is made by our stomachs—it sends messages to our brains to tell us we are hungry
- Leptin is made by our fat cells and tells our bodies when we are full
- Melatonin is made in our pineal gland in our brains—more is released when it is dark. Melatonin makes our bodies feel sleepy.

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