

MY BODY

WEEK SIX

THE 5 SENSES, STAYING HEALTHY & MORE!

DOCTOR'S OFFICE DRAMATIC PLAY

YOU WILL NEED:

- [Printable x-rays](#)
- [Doctor printables](#)
- Toy doctor's kit
- extra's from the dollar store (bandaids, tongue depressors, bandages etc.)
- kid sized table and chairs



DIRECTIONS:

Set up an area with all of the supplies and a kid sized table and chair set. You can also add stuffed animals or dolls for them to doctor.

DIY DOCTOR COAT

Cut a white t-shirt down the center. Add a doctor name tag or red cross to the left breast.



DIY CAST

1. Cut the toe off of a white sock.
2. Slip it on the "broken" body part.
3. Allow kids to draw/write on the "cast".



DIY PAPER NURSE HAT

1. Attach two pieces of 8 1/2-inch by 11-inch white paper together along the short edge. This can be used for a child- or adult-sized hat.
2. Fold paper in half, having the folded edge at the top.
3. Find the center of the paper; fold the upper-right-hand corner down along the center, leaving about a 2-inch border along the bottom.
4. Repeat with the upper left hand corner. You should end up with a triangle and a 2-inch border along the bottom edge.
5. Fold the tip of the triangle down to meet the edge that was formed by the triangle piece. You should still have a 2-inch border along the bottom edge. You may glue this piece down, if desired.
6. Grabbing the bottom edge of the top layer only, fold up the 2-inch border. Turn the hat over and repeat on the other side.
7. Open the hat, manipulating it gently to shape it and form light creases. Embellish the front, as desired.

$\frac{20}{200}$

E

$\frac{200 \text{ FT.}}{61 \text{ M}}$

1

$\frac{20}{100}$

F P

$\frac{100 \text{ FT.}}{30.5 \text{ M}}$

2

$\frac{20}{70}$

T O Z

$\frac{70 \text{ FT.}}{21.3 \text{ M}}$

3

$\frac{20}{50}$

L P E D

$\frac{50 \text{ FT.}}{15.2 \text{ M}}$

4

$\frac{20}{40}$

P E C F D

$\frac{40 \text{ FT.}}{12.2 \text{ M}}$

5

$\frac{20}{30}$

E D F C Z P

$\frac{30 \text{ FT.}}{9.14 \text{ M}}$

6

$\frac{20}{25}$

F E L O P Z D

$\frac{25 \text{ FT.}}{7.62 \text{ M}}$

7

$\frac{20}{20}$

D E F P O T E C

$\frac{20 \text{ FT.}}{6.10 \text{ M}}$

8

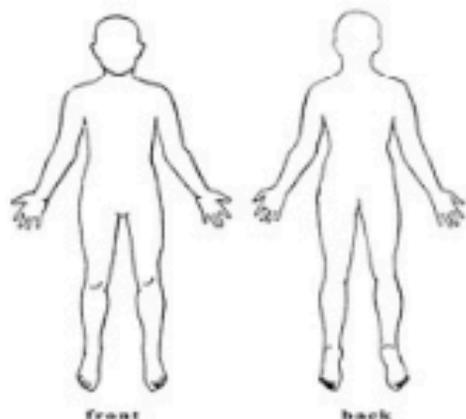


Patient Form

Please fill out the following form. Give the form to the Doctor when your name is called

Name of Patient: _____

Please circle the parts of your body where you feel pain



On a scale of 1 to 10 how bad is the pain?



No Pain Low Pain Mid Pain Moderate Pain Severe Pain Excruciating Pain



When did the pain begin? _____

Please circle Y for YES or N for NO for the following questions:

- Do you have a fever? Y N
Do you have trouble breathing? Y N
Do you have a headache? Y N
Do you have a rash? Y N If so, where? _____
Do you feel dizzy? Y N
If yes, when? (please circle) All Day In the Morning In the Evening At Night

Are you on any medications? Y N

If yes, what kind? _____

Anything else you want to tell the Doctor? _____



Physical Exam

Name of Patient: _____

MEASUREMENTS

Height: _____
 Head Circumference: _____
 Leg Length:
 Right: _____ Left: _____
 Arm Length:
 Right: _____ Left: _____

WEIGHT: _____

RESTING HEART RATE: (circle) 75bpm good 120bpm high 50bpm low

BLOOD PRESSURE: (circle) 120/80 good 140/95 high 110/67 low

CHECK EACH AREA

	THROAT: (circle) Swollen Left Tonsil Red Bumps Swollen Right Tonsil White Bumps Both Tonsils Swollen Healthy	NOTES: _____ _____ _____ _____ _____ _____ _____ _____ _____ _____								
	LUNGS: (circle) Wheezy Difficulty Breathing Asthmatic Congested (Wet) Coughing Healthy									
	<table border="0"> <tr> <td>LEFT EYE: (circle)</td> <td>RIGHT EYE: (circle)</td> </tr> <tr> <td>Red Swollen</td> <td>Red Swollen</td> </tr> <tr> <td>Pink Eye Sty</td> <td>Pink Eye Sty</td> </tr> <tr> <td>Watery Healthy</td> <td>Watery Healthy</td> </tr> </table>		LEFT EYE: (circle)	RIGHT EYE: (circle)	Red Swollen	Red Swollen	Pink Eye Sty	Pink Eye Sty	Watery Healthy	Watery Healthy
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Fluid Red	Fluid Red									
Swollen Healthy	Swollen Healthy									



**Dr. Kid's
Family Practice**
*emergency care open 24 hours
will make house calls*

R_x

write prescription name & notes here

 25 50 75 100

 1 2 3

 _____ doses _____ times a:(circle) DAY WEEK

EXTRA ADVISE:
(circle applicable)



PHARMACY: Walmart     

Doctor: _____ Date: _____
Signature: _____



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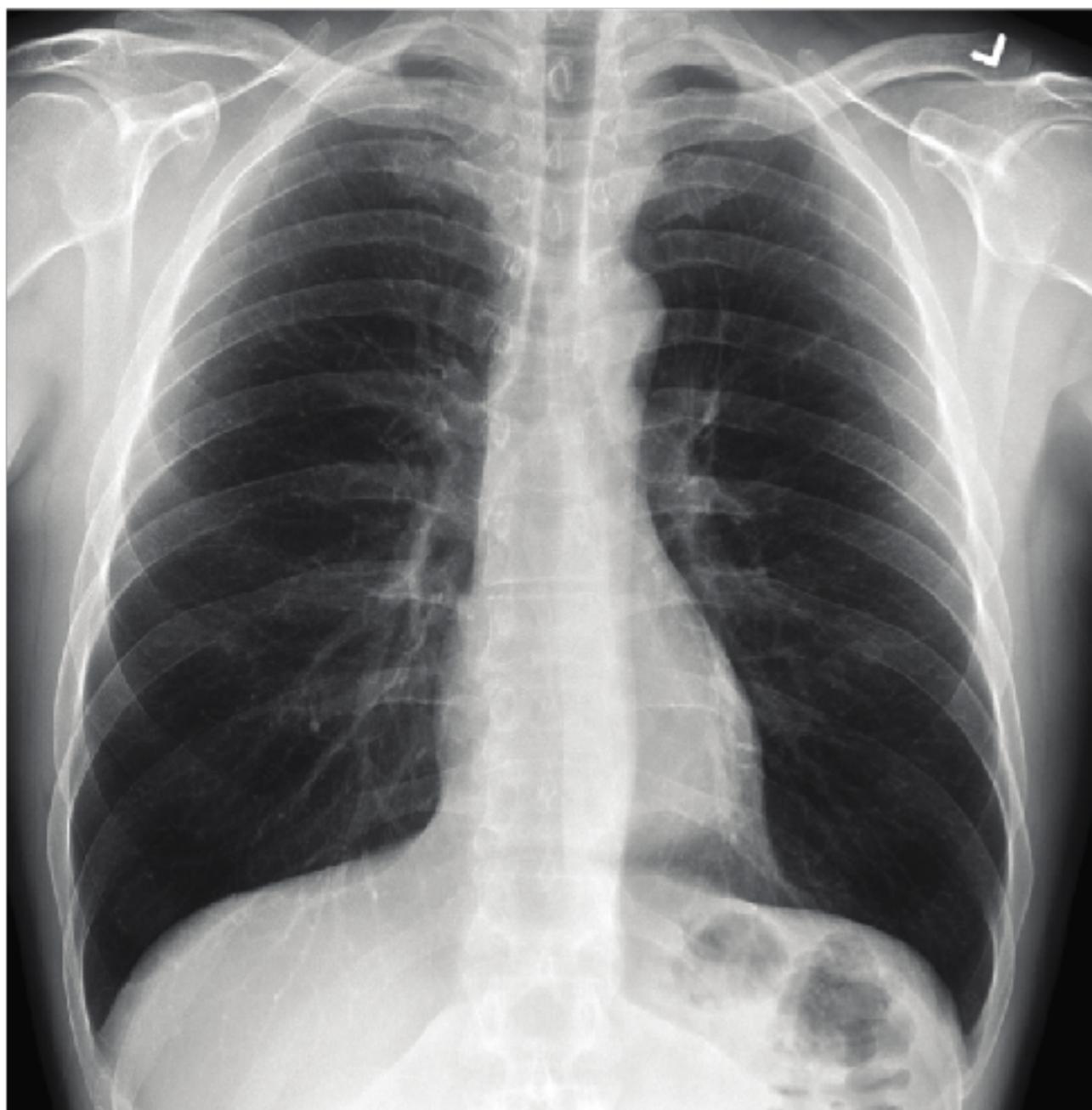
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Signature: _____





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triedandtrueblog.com



DAY ONE – MY BODY – THE 5 SENSES

SENSORY & SCIENCE

[Pop Rocks 5 Senses Exploration](#)
[Taste Testing Bowls](#)
[Taste Map Activity](#)
[5 Senses Nature Walk](#)

ART

[Scented Paintings](#)

READING

[How we taste foods wkst](#)
[5 Senses worksheets](#)
[Magic School Bus 5 Senses](#)

MULTIMEDIA

[5 Senses Video](#)
[How your tongue works](#)

FOOD

[5 senses popcorn activity](#)

ART ACTIVITIES

SCENTED PAINTING

You will Need:

- liquid tempera paint
- kool aid
- water



1. Mix small amount of water with paint and kool-aid scent of your choice.
2. Get to painting!

SENSORY ACTIVITIES

TASTE TESTING BOWLS

You will Need:

- small bowls/ramekins
- flavors for testing:

Sweet: honey, maple syrup, a bing cherry, or a ripe banana.

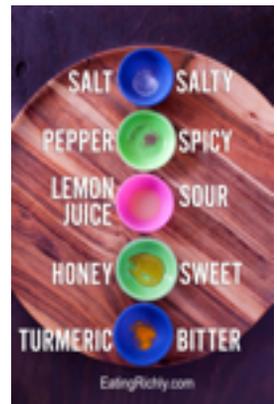
Sour: lemon or lime juice, a granny smith apple, or vinegar.

Bitter: endive, radicchio, turmeric, fresh cranberries, bitter melon, ginseng, tamarind, orange peel, grapefruit (except the Ruby Red variety which is rather sweet), or plain black tea.

Salty: salt (You can also try anchovies or anchovy paste, seaweed, and olives.

Spicy: Be careful with this one, have some milk or other fatty food handy in case they can't handle the spice. You can use a variety of ground peppers, fresh peppers, or red pepper flakes, hot sauces, and even spices like cloves, or fresh garlic.

Line up the bowls and have them taste each one without telling them what they are. Then let them decide which taste they are and whether they like it or not.



LICENSE PLATE CRAFT

Pop Rocks Science

Explore The 5 Senses

Look. Smell. Touch. Listen. Taste. Record your results!



Name _____

Date _____

TASTE EXPERIMENT

Experiments are a wonderful way to understand the world around you! While data and numbers help us see the world outside of ourselves, running experiments and testing ideas allows us to learn and appreciate our world for ourselves. This experiment explores how our senses and brain work together!

Have an adult help you fill four cups separately with:

- sugar + water
- lemon juice + water
- salt + water
- grapefruit juice

Use a cotton swab to test each liquid on your tongue.

Circle the kind of flavor each liquid tasted most like below.

sugar + water

- 1) bitter
- 2) salty
- 3) sour
- 4) sweet

lemon juice + water

- 1) bitter
- 2) salty
- 3) sour
- 4) sweet

salt + water

- 1) bitter
- 2) salty
- 3) sour
- 4) sweet

grapefruit juice

- 1) bitter
- 2) salty
- 3) sour
- 4) sweet

After each test, mark where you tasted each liquid on your tongue using the color chart below!

ORANGE

Bitter

RED

Salty

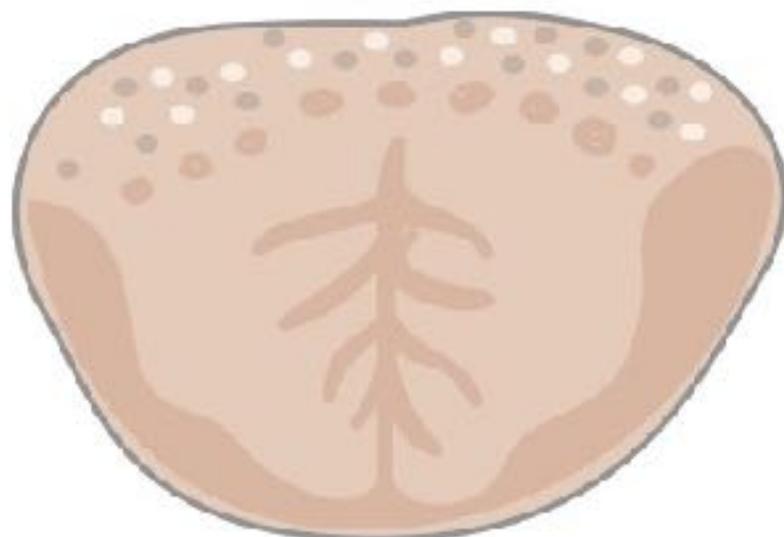
BLUE

Sour

PURPLE

Sweet

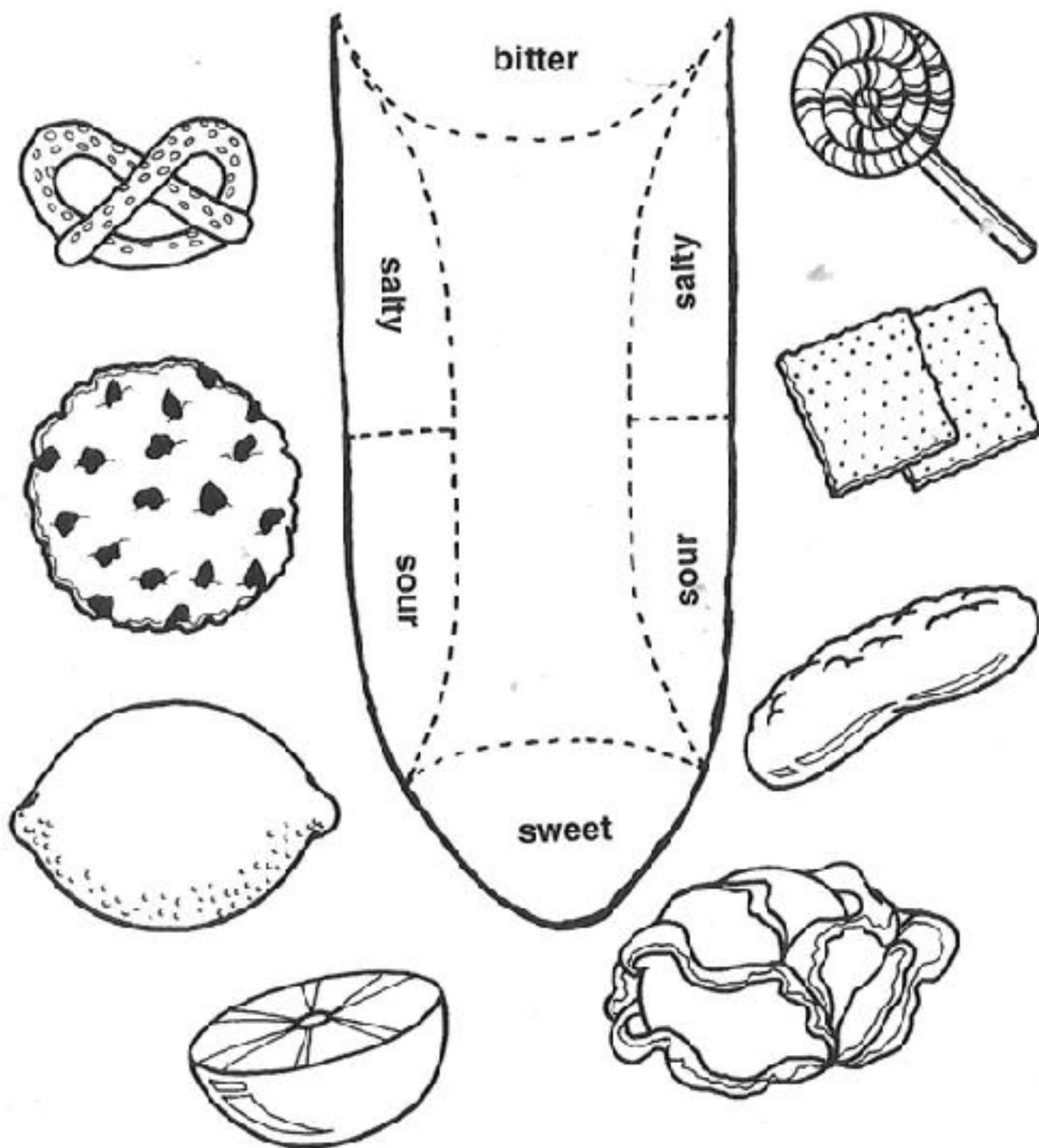
Back



Front

How We Taste Foods

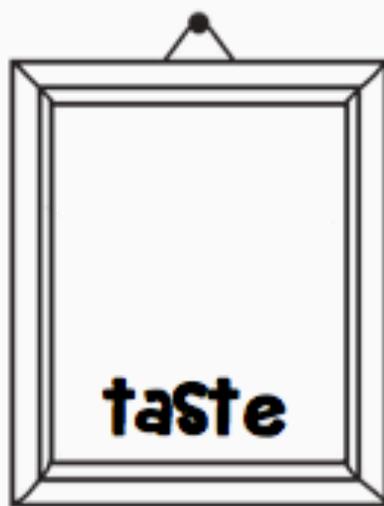
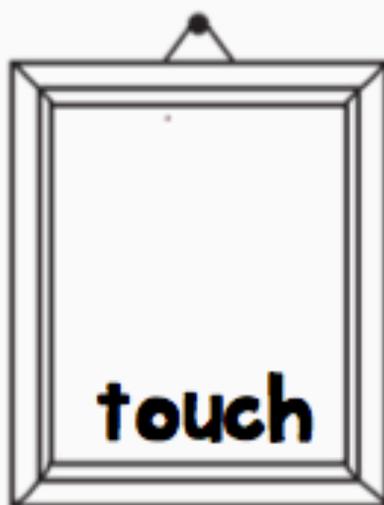
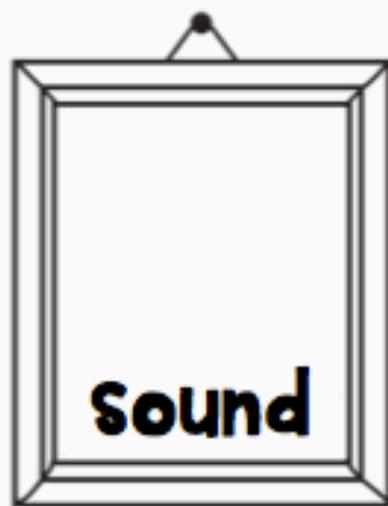
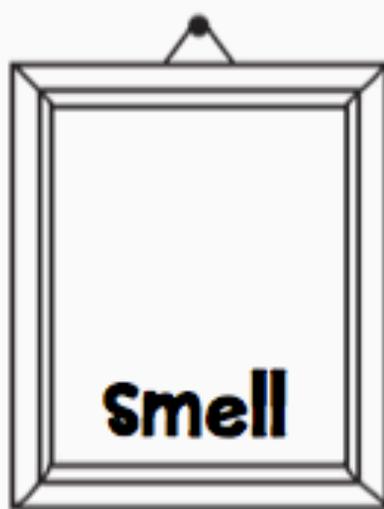
Did you know that different parts of your tongue can taste different flavors? On your tongue you have bumps or taste buds that let you taste bitter, sour, salty, and sweet foods. The picture of the tongue below shows you where you taste bitter, sour, salty, and sweet foods. Draw a line from the pictures at the bottom of the page to the part of the tongue where they will be tasted. Color the pictures. Circle your favorite taste.



I have **FIVE** senses!



5



My Five
Senses and
POPCORN!

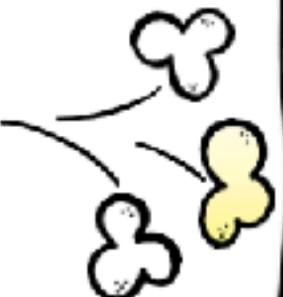
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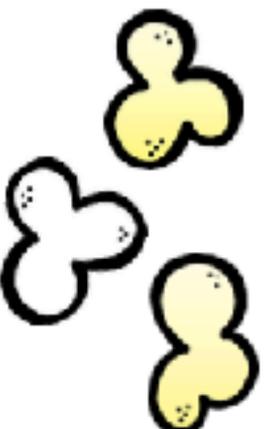
The popcorn smells

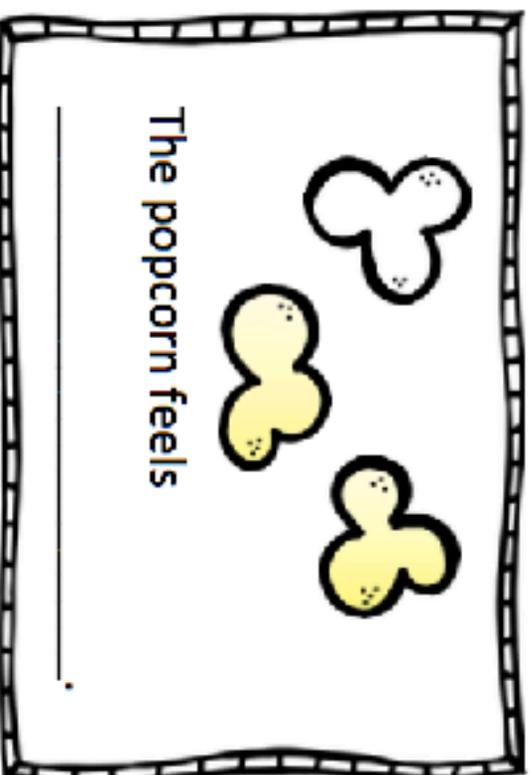


The popcorn sounds



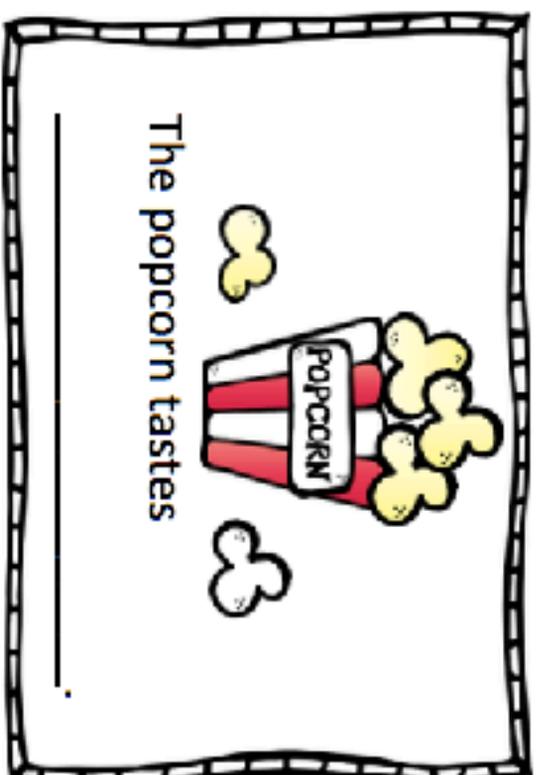
The popcorn looks





The popcorn feels

_____.



The popcorn tastes

_____.

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DAY TWO - MY BODY - STAYING HEALTHY

**SENSORY &
SCIENCE**

[Healthy Simon Says](#)
[Germs Activity](#)

ART

[Giuseppe Arcimboldo Inspired Fruit Portraits](#)

READING

[Keeping your body alive and well](#) -
Book
[Good Enough to Eat](#) - Book

MULTIMEDIA

[Healthy Eating Video](#)
[Why we need to sleep and eat healthy video](#)

FOOD

[Frushi](#)
[Yogurt Unicorn Bark](#)

SIMON SAYS FITNESS DISGUISED AS FUN

Get your kids moving by playing Simon Says with these fun yet physical activities. You decide when or if you say "Simon Says"!

Shake your whole body.

Jump up and down.

Spin around in circles.

Do a cartwheel.

Do a somersault.

Wave your arms above your head.

Walk like a bear on all 4s.

Walk like a crab.

Hop like a frog.

Walk on your knees.

Lay on your back & pedal your legs in the air like you are on a bike.

Pretend to sit in an invisible chair 5 times - sit then stand, sit then stand, etc.

Hold your arms out at your side and make circles with them in the air.

Hop on your left foot 10 times.

Hop on your right foot 10 times.

Hop around like a bunny.

Balance on your left foot for a count of 10.

Balance on your right foot for a count of 10.

Bend down and touch your toes 10 times.

Reach behind you and try and hold your right foot with your left hand without falling over.

Show off the muscles in your arms.

Reach behind you and try and hold your left foot with your right hand without falling over.

Lay on the floor and stretch out as far you can for 10 a count of 10.

Pretend to shoot a basketball 10 times.

Pretend to jump rope for a count of 10.

Pretend to ride a horse.

Pretend to milk a cow.

Take 5 of the biggest steps forward that you can.

Pretend to lift a car.

Do the strongest dance you can think of.

Scream.





My **FIVE** Senses

Nature Walk

Draw the things that you see.



Draw the things that you hear.



Draw the things that you touch.



Draw the things that you smell.



Draw the things that you
SHOULD NOT taste.



ART ACTIVITIES

FRUIT PORTRAITS

You will Need:

- crayons/colored pencils
- [fruit and veggie printables](#)
- examples of Arcimboldo's work



1. Look at various examples of his work and discuss the different fruit and veggies used.
2. Discuss what fruits or veggies would be best for the head and facial features.
3. Have the child draw the head using their preferred fruit/veggie.
4. Give children the printable fruit and veggie pages and allow them to begin coloring and gluing them onto the head.

SENSORY ACTIVITIES

GERM ACTIVITY

You will Need:

- lotion
- glitter
- plastic, washable toys
- bowl and soap



1. Mix lotion with glitter.
2. Have kids "get germy" by putting lotion on their hands.
3. Then let them play with the toys and observe how the glitter transferred just like germs.
4. For added fun let them wash the toys afterwards.

RECIPES

FRUSHI

You will Need:

- 2 cups sushi rice, cooked per package directions
- 1 tablespoon cream of coconut
- 16 soy wrappers (or homemade fruit leather)
- 16 fresh strawberries, hulled and quartered
- ½ cantaloupe, cut into four-inch-long by ¼-inch-wide rectangles
- ½ pineapple, peeled and cored cut into four-inch-long by ¼-inch-wide rectangles
- Toasted coconut, for garnish



1. Let sushi rice cool slightly; stir in cream of coconut. Set aside to cool to room temperature.
2. Lay one soy wrapper on a flat surface. Place about ¼ cup sushi rice on the soy wrapper, pressing with moistened fingers to cover the whole sheet.
3. Place one piece each of pineapple and cantaloupe, and four pieces of strawberry in the center of the rice-covered sheet.
4. Starting at one end, fold about one third of the roll up, then roll the sheet into a cylinder, keeping the fruit in the middle. Moisten soy wrapper to seal.
5. Cut into 4 equal pieces. Repeat with remaining ingredients.
6. Garnish with toasted coconut.

YOGURT UNICORN BARK

You will Need:

- 6 cups plain Greek Yogurt (you can use regular yogurt here too)
- 2 Tbsp Honey
- 1 banana, sliced
- 3-4 strawberries, sliced
- Various Food Coloring (we used 6 different gel food colors)
- Sprinkles (we used several different kinds and colors)



1. Mix yogurt and honey together until well combined.
2. Divide yogurt into various bowls, depending on how many different colors you would like to make. We made 6 different colors, so divided our yogurt into 6 bowls.
3. Add food coloring, until you reach desired colors. We made a range of pastels: pink, orange, yellow, green, blue and purple.
4. Next, line a baking tray with parchment paper and spoon various colors into pan, being sure to space colors out, so that you will get a nice rainbow effect in the end.
5. Once you have all your yogurt in your pan, spread/blend with the back of a spoon just slightly. Be careful not to blend your yogurt too much!
6. Top with sliced bananas and strawberries, and finally sprinkle with your assorted sprinkles!
7. Freeze for 3-6 hours, or until yogurt is completely frozen.
8. Then, remove from freezer and separate from parchment paper. Using either a knife or just your hands, break bark into various pieces and serve immediately! (Leftover yogurt bark can be stored in the freezer in food bags for easy snacks later!)

DAY THREE - MY BODY - BODY PARTS

**SENSORY &
SCIENCE**

[Playdough Brain Surgeon](#)
[Digestion Demonstration](#)

ART

[What's in your head?](#)
[Double Doodle Art](#)

READING

[Parts](#) - Book

MULTIMEDIA

[The Skin - Video](#)
[The Brain - Video](#)
[The Digestive System](#) - Video

FOOD

[Edible Skin Layers Cake](#)

SENSORY ACTIVITIES

PLAYDOUGH BRAIN SURGEON

You will Need:

- brain mold
- gray playdough
- playdough tools

1. Create brain using playdough and mold.
2. Let them get to doctoring!



DIGESTION DEMONSTRATION

You will Need:

- lemon-lime soda
- saltine crackers
- ziploc bag

1. Place a few crackers in a ziploc bag.
2. Smash the crackers up to demonstrate chewing.
3. Then add a small amount of soda do represent stomach acid and mush them in the now sealed bag. This represents digestion.



ART ACTIVITIES

WHAT'S IN YOUR HEAD?

You will Need:

- drawing tools
- paper

1. Have child draw a picture of themselves.
2. Cut the top of the head off and angle on a separate page.
3. Draw things that the child thinks describes them/that they think about or like.



DOUBLE DOODLE ART

You will Need:

- two different colors of marker/crayon
- paper



Holding a marker in each hand, place the tips side by side at the center of the paper. Begin drawing with both markers at the same time, creating a mirror image. For example, when the left marker is heading left to the edge of the paper, the right marker should be heading right to the other edge of the paper. When one marker is heading toward the center, the other should be as well.

Discuss the two sides of the brain and how they work.

RECIPES

EDIBLE SKIN LAYERS CAKE

You will Need:

- red jell-o
- marshmallows
- fruit roll-ups
- pull apart twizzlers

1. Place marshmallows in shallow pan. - hypodermis
2. Make jell-o and pour over marshmallows once cooled but not set. - Dermis
3. Poke holes in fruit roll-up with toothpick and then lay on top of set jell-o. - epidermis
4. Poke pieces of pull apart twizzler into fruit roll-up and jello. - hair



DAY FOUR - MY BODY - BLOOD

SENSORY & SCIENCE

[How to See Your Pulse Activity](#)
[What is Blood Sensory Bin](#)
[HeartBeat the Clock Activity](#)

ART

[Syringe Art](#)
[Human Heart Coloring Sheet](#)

READING

[Inside Your Outside - Book](#)

MULTIMEDIA

[Your Heart has a Beat Storybots](#) - Video

FOOD

Heart shaped food
[Bloody Shirley Temples](#)

ART ACTIVITIES

SYRINGE ART

You will Need:

- medicine syringe
- paint
- box/container
- paper



1. Have kids use the syringe to pull paint and then squirt onto a paper.
2. Place the paper in a box or container with high sides to prevent messes.

I HAVE BONES ART

You will Need:

- large butcher paper
- pen/pencil
- paint optional
- printable skeleton

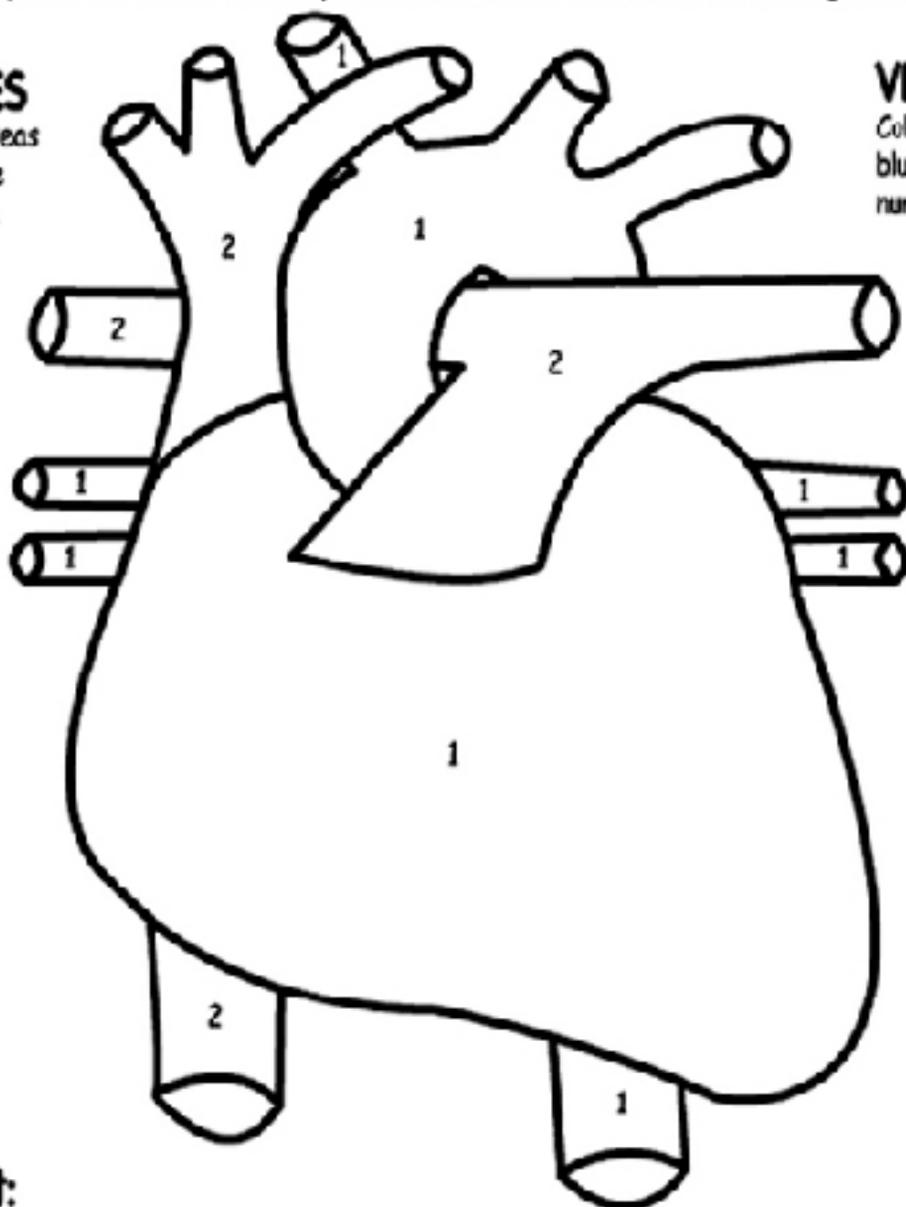
1. Have child lay down on paper and trace the outline of their body.
2. Paint the outline. (optional)
3. Glue the skeleton parts onto the outline.
4. Discuss.

HUMAN HEART

The human heart is made up of two different kinds of blood vessels. Blood vessels are hollow tubes that carry blood all over the human body. The human body has three kinds of vessels: arteries, veins and capillaries. In the human heart there are arteries and veins. Arteries carry blood away from the heart and veins carry blood toward the heart. Capillaries connect the arteries to the vein, throughout the body.

ARTERIES

Color the areas red that are numbered 1.



VEINS

Color the areas blue that are numbered 2.

Fun Fact:

If all the blood vessels were lined in a row from a child-sized body, they would form a line more than 60,000 miles long.

SENSORY ACTIVITIES

SEE YOUR PULSE

You will Need:

- playdough
- toothpick
- stopwatch

1. Roll a small amount of clay into a ball.
2. Insert toothpick into ball.
3. Turn your wrist over and find the pulse.
4. Place the clay directly over where you felt the pulse most strongly. Press down to secure it to your wrist.
5. Watch the toothpick vibrate.
6. Count the number of times it pulses over a 60 second period.

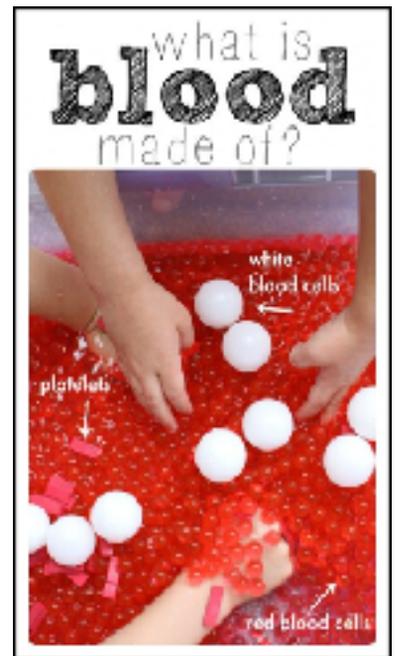


BLOOD SENSORY BIN

You will Need:

- red water beads
- water
- large bin/container
- red craft foam
- ping pong balls

1. Soak beads in water to grow. – red blood cells
2. Cut red craft foam into short strips. - platelets
3. Add ping pong balls – white blood cells- and water – plasma - to bin with other items.



Red water beads = Red Blood Cells (that carry oxygen)

Ping Pong Balls = White Blood Cells (that fight germs, bacteria, and viruses)

Craft Foam Pieces = Platelets (that help heal cuts)

Water = Plasma (helps the blood move through veins and arteries)

SENSORY ACTIVITIES

HEARTBEAT THE CLOCK

You will Need:

- two large bowls/tubs
- water
- stopwatch
- ¼ cup measuring cup



1. Fill one large dishpan, bucket, or bowl with a gallon of water (or 1.3 gallons if you want to be exact!).
2. Place the dishpan with the water in it beside the empty dishpan.
3. Give a student a 1/4 measuring cup.
4. Set a watch or timer for 1 minute.
5. Challenge students to try to work as fast as their heart. Have students try to move all the water in the dishpan (1 gallon) into the empty dishpan in just one minute or less using the 1/4 measuring cup as a scoop.

Science

In just one day, the heart pumps **1,900 gallons** of blood through our body! That's pretty amazing! To break this down on a smaller scale for students to understand, the heart pumps 1.3 gallons per minute. Showing students a gallon milk jug full of water can help them get a picture of this amount. A little over a gallon a minute means that in each heartbeat, the heart is pumping 2.4 ounces of blood, or about 1/4 cup.

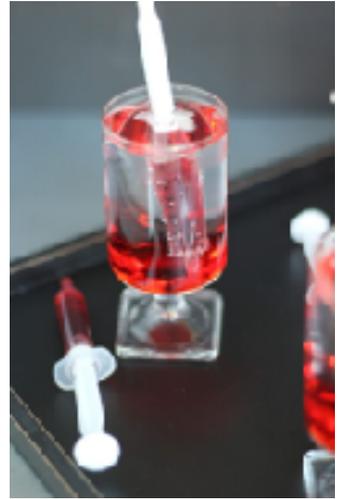
RECIPES

BLOODY SHIRLEY TEMPLE

You will Need:

- sprite
- grenadine
- ice

1. Pull grenadine into syringe.
2. Fill cup with ice and sprite
3. Place syringe in drink. Allow kid to squirt into sprite.



DAY FIVE - MY BODY - BONES

**SENSORY &
SCIENCE**

[Why do we have bones playdough activity](#)

ART

[Q-tip skeleton art](#)
[I Have Bones Art](#)

READING

[You Can't See Your Bones with Binoculars - Book](#)

MULTIMEDIA

[Bones](#) - Video
[Storybots Bones](#) - Video

FOOD

[Breadstick Bones](#)
[All About Me Pizza](#)

ART ACTIVITIES

Q-TIP SKELETON ART

You will Need:

- black paper
- white paint
- q-tips

1. Cover forearm and hand in paint and make a print.
2. Glue q-tips onto print to represent bones.



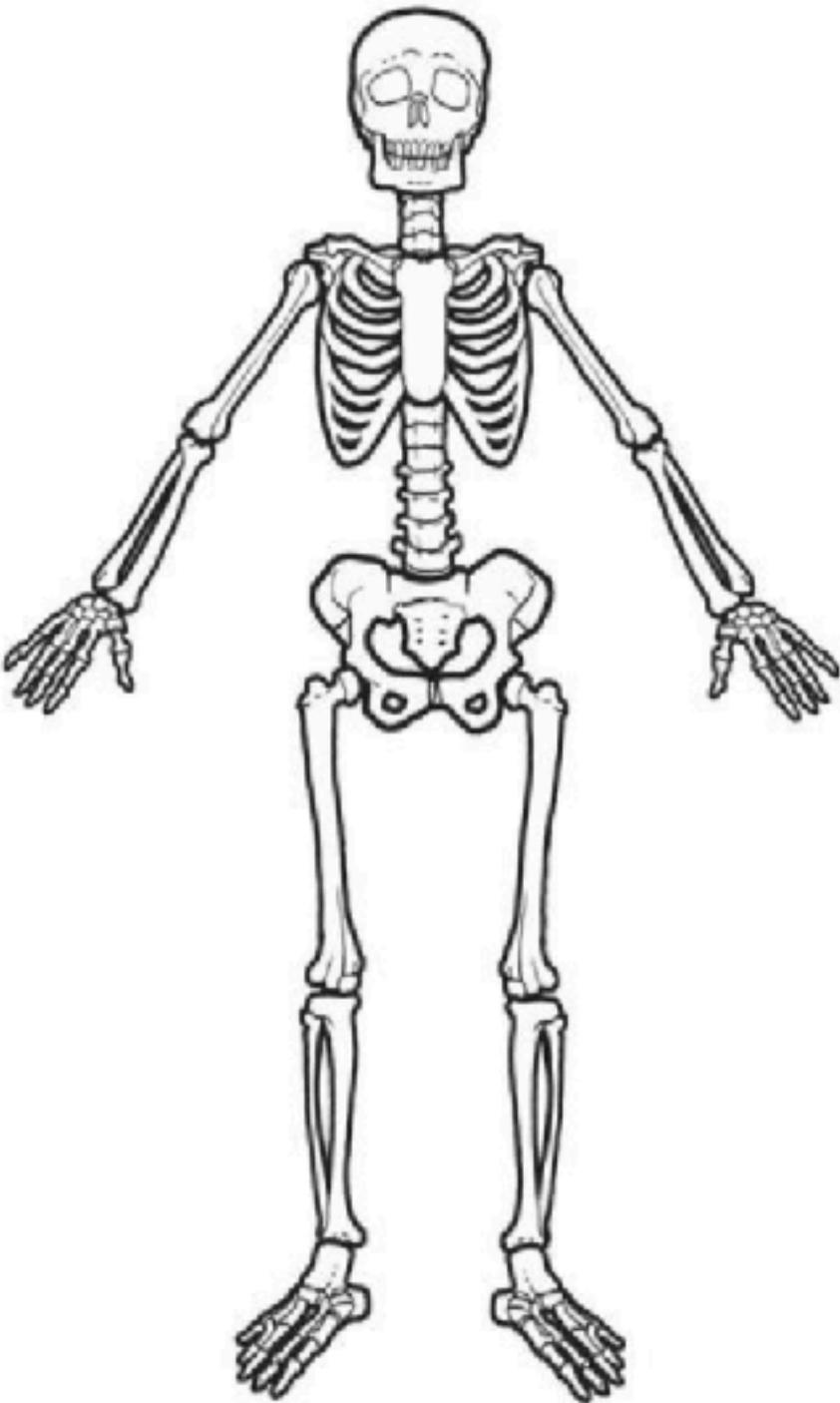
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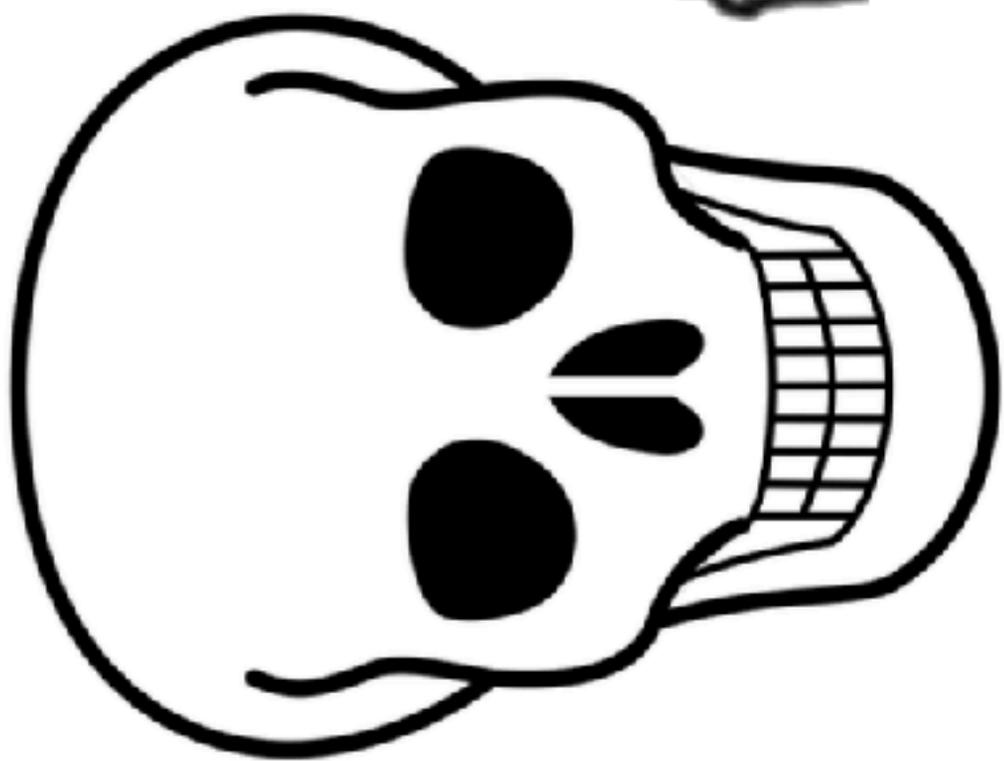
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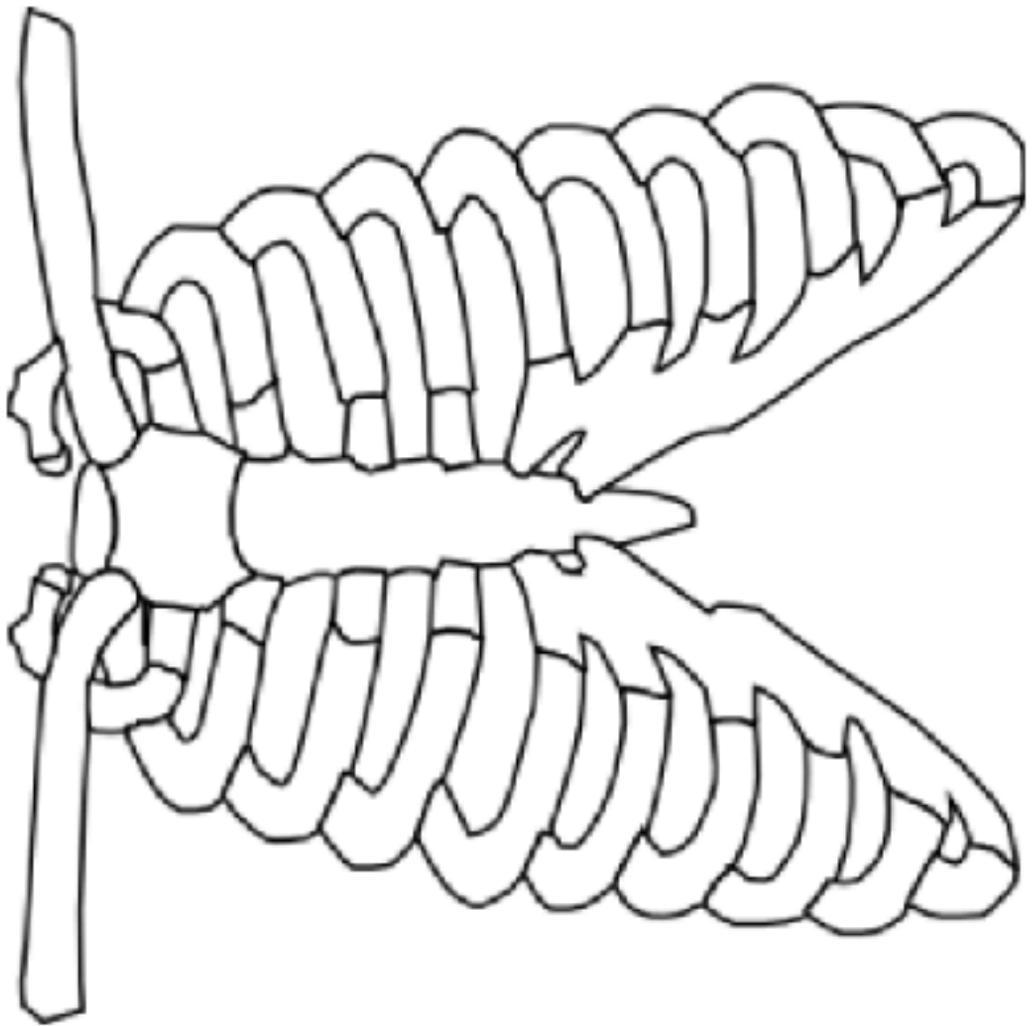
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- paint optional
- printable skeleton

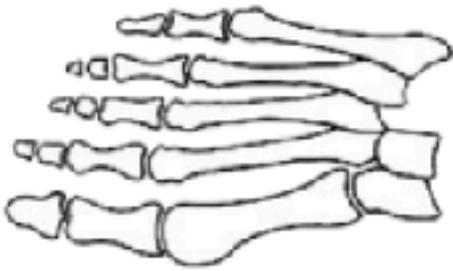
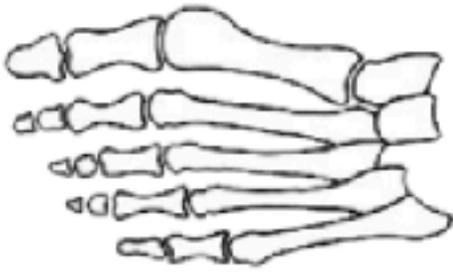
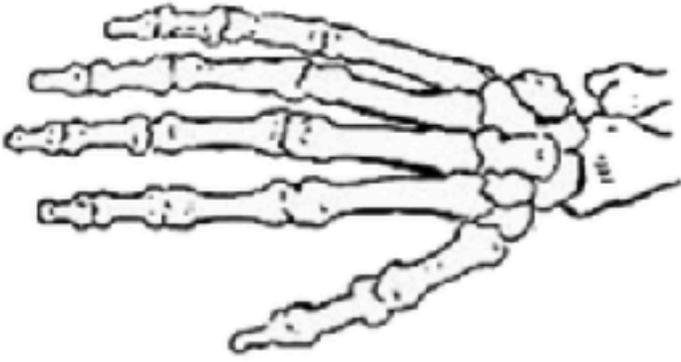
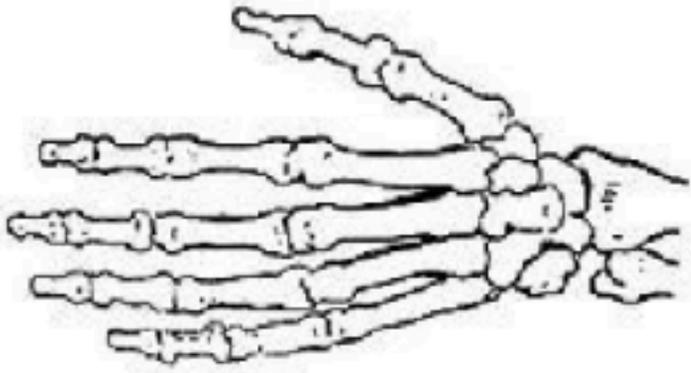
1. Have child lay down on paper and trace the outline of their body.
2. Paint the outline. (optional)
3. Glue the skeleton parts onto the outline.
4. Discuss.

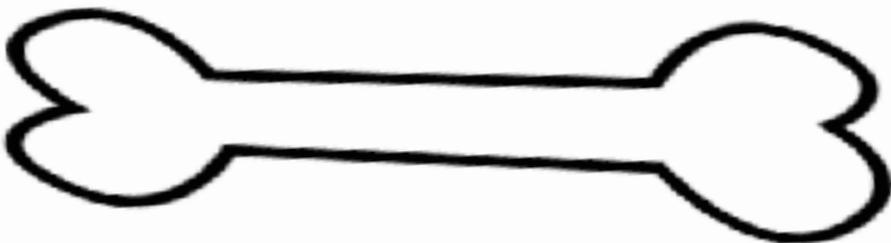
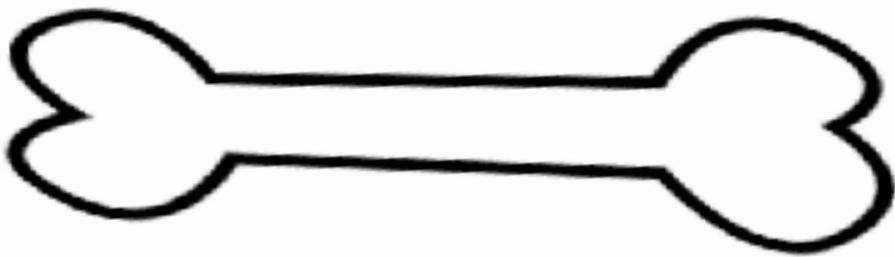




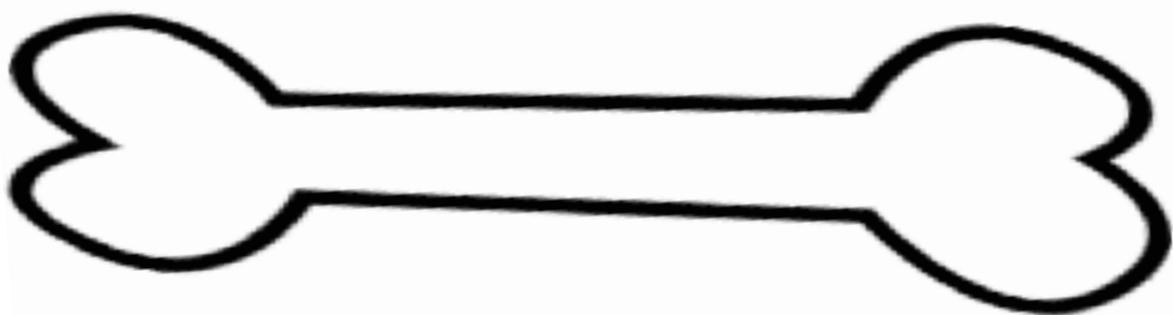












SENSORY ACTIVITIES

WHY DO WE HAVE BONES PLAYDOUGH ACTIVITY

You will Need:

- playdough
- plastic straws
- scissors

1. Create a person without bones using playdough. Try to stand them up.
2. Add "bones" (straws) to the body and try again.
3. Discuss.



RECIPES

BREADSTICK BONES

You will Need:

- homemade or store bought pizza dough
- marinara sauce (optional)
- 1 cup shredded mozzarella
- 2/3 cup parmesan
- 6 tbsp butter

1. Preheat the oven to 375°F. Line two baking sheets with parchment paper or Silpats.
2. Divide the dough into 10 equal balls. Roll each ball into an 8-inch rope slightly larger on the ends.
3. Arrange five breadsticks on each baking sheet, spacing them at least 2 inches apart.
4. Using scissors, cut a 1-inch slit on the ends of each breadstick and gently stretch each of the cut pieces apart to form the ends of the bones.
5. Brush the breadsticks with the melted butter then sprinkle on the grated Parmesan cheese.
6. Bake the breadsticks for about 15 minutes then remove them from the oven and top them with the mozzarella cheese.
7. Return the breadsticks to the oven for an additional 5 to 7 minutes or until the cheese is melted.
8. Remove the breadsticks from the oven and serve them warm with marinara sauce for dipping.



CHEESY HALLOWEEN
BREADSTICK BONES

Just a Taste



ALL ABOUT ME PIZZA

You will Need:

- tortilla
- gingerbread man cookie cutter
- pizza sauce
- cheese
- pepperoni

1. Cut tortilla with cookie cutter for pizza crust.
2. Add sauce "blood"
3. Add cheese "bones"
4. Add pepperoni "skin"



Munchies and More for the 4th Floor