



**Endocrine System**  
for middle &  
high school

**For  
Special  
Ed**



Special Needs for Special Kids



*This unit was created with this guy in mind. He has autism and an intellectual disability. He is a non-reader, and I actually worry about him developing diabetes. With some support he is able to do this unit, and enjoys the challenge. He is my tester!!*

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This unit contains over 130 pages of material. But, don't worry!! I have included a **10 day lesson plan** to help you make the most of everything packed in this unit.

# Endocrine System Lesson Plan

## Preparation

- Print out a vocabulary board for each student to use throughout unit
  - Laminate or place in page protector
- Book
  - Print out, laminate, and bind
  - OR your students can listen to the pre-recorded version
- Vocabulary cards
  - Print out a set of cards onto cardstock and laminate
  - Make one set for each student and also one for the teacher to use in games

## Preassessment (do day 1 before starting lesson)

- Choose the form of the assessment that best fits the learning level of
- Give the assessment to assess what your students may already know
- I cannot emphasize enough how important this step is. If you want student growth, this preassessment is so important!!

## Teaching Tips

- *Color Coding:* this is a really easy way to add more structure to a matching activity. Outline or color in an empty box or sorting label. Outline or color the corresponding picture symbols the same colors. Becomes a color matching task.
  - a. For more info, read more here:  
<https://specialneedsforspecialkids.org/2015/09/05/using-color-coding-for-differentiation/>
  - b. I also have a blog post on differentiating one activity 3 ways:  
<https://specialneedsforspecialkids.org/2018/10/22/differentiating-1-activity-3-ways-easily-and-effectively/>
- *Make your own copies of the activities:* Every day I review the activity we did yesterday. For that reason:
  - a. I often complete the activity myself and often laminated it for easy review that I could use year after year.
  - b. My copies were also helpful as either a model for students who needed more support or as a way for more advanced students to self-check their work.

The lesson plans contain:

Overall tips for teaching  
students with significant  
needs

## Quick Look

Day	Activity	Day	Activity
1	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards introduction</li><li>• Circle map</li></ul>	6	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards cut and paste</li><li>• Vocabulary puzzle</li></ul>
2	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• Circle map</li></ul>	7	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards cut and paste</li><li>• Vocabulary puzzle</li></ul>
3	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• Matching activity</li></ul>	8	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• Close worksheet</li></ul>
4	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• Sequencing activity</li></ul>	9	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• Close worksheet</li></ul>
5	<ul style="list-style-type: none"><li>• Book</li><li>• Vocab cards activity</li><li>• Sorting Activity</li></ul>	10	<ul style="list-style-type: none"><li>• Assessment</li></ul>

*The lesson plans contain:*

*A quick look at what you will do each day*

## Day 8

Activity	Notes	Materials
Read or listen to a recording of the book (10 minutes)	<ul style="list-style-type: none"><li>• Read through the story, asking lots of questions</li><li>• Continue to make connections between book and vocabulary board</li></ul>	<ul style="list-style-type: none"><li>• Book</li><li>• Vocabulary board</li></ul>
Vocabulary cards <b>Speed Matching</b> (10 minutes)	<ul style="list-style-type: none"><li>• place all the cards in the middle of the table</li><li>• hold up a card, and the students race to find it in the pile in the middle of the table</li><li>• NOTE: for students with physical challenges, allow them to simply find the symbol on their board or communication device</li></ul>	<ul style="list-style-type: none"><li>• Vocabulary cards (e.g. sets)</li></ul>
Close worksheet (10 minutes)	<ul style="list-style-type: none"><li>• Do the close worksheets that are an overview of the endocrine system</li><li>• Use color coding as needed</li><li>• Students should be able to refer to book or vocabulary cards as needed to find answers</li></ul>	<ul style="list-style-type: none"><li>• Crayons</li><li>• Scissors</li><li>• Glue</li><li>• Book</li><li>• Vocabulary cards</li></ul>
Sharing (10 minutes)	<ul style="list-style-type: none"><li>• Each student shares their finished close worksheet</li></ul>	<ul style="list-style-type: none"><li>• Completed activity</li><li>• Communication devices</li></ul>

The lesson plans contain:

Detailed instructions on how that day's lesson should run

The **pituitary gland** is often called the master gland of the endocrine system because it tells all the other glands what hormones to release.



The **adrenal gland** releases **epinephrine** when you are really stressed which causes your heart rate and blood pressure to increase. When these increase you are ready to either run away or defend yourself.



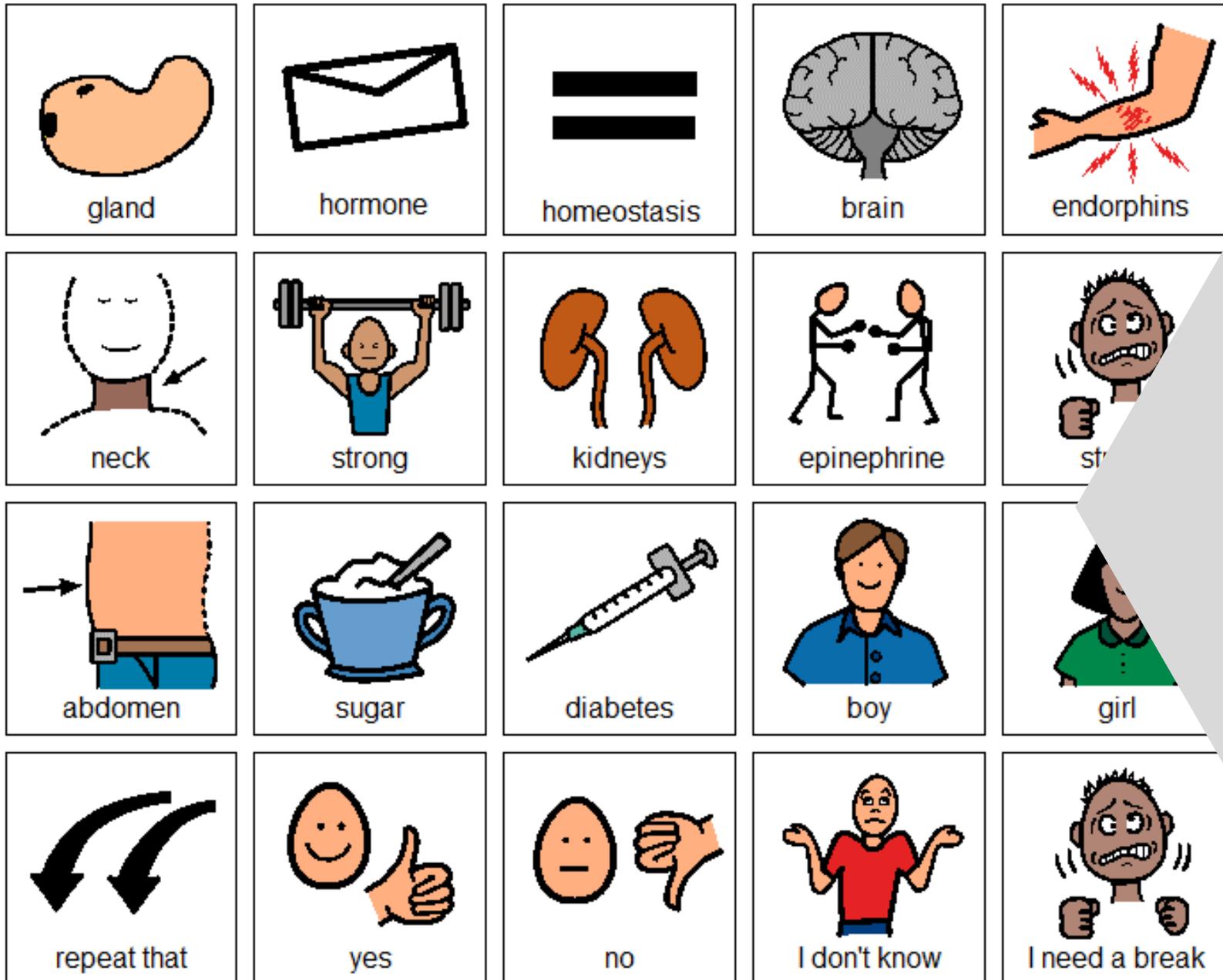
This unit contains a book that is 39 pages that talks all about the endocrine system.

It comes in a pdf version as well as a voice recorded powerpoint (so you don't have to print it out.)

This unit comes with a vocabulary board.

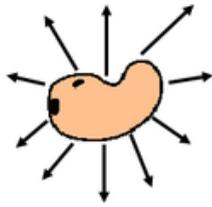
Vocabulary boards are great for ALL students to assist with participation and engagement in group discussions.

Tips on how to use in the unit!!



## glands

Special organs that release hormones.



## hormones

Chemical messengers in the endocrine system.



## hypothalamus

Gland in the brain that links the nervous and endocrine systems.



## pituitary gland

Master gland that tells all the other glands in the endocrine system what to do.



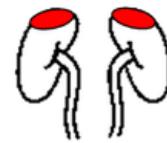
## thyroid

Gland in your neck that controls how fast or slow cells make energy.



## adrenal

Gland that sits on top of kidneys and is important for helping the body respond to stress.



## epinephrine

Hormone released by adrenal gland that tells your body to fight or run away.



## endorphins

Hormones released by pituitary gland to help block pain.



This unit comes with 12 vocabulary cards.

Every day students will do a group activity using these cards to get more familiar with words that are likely new to them.

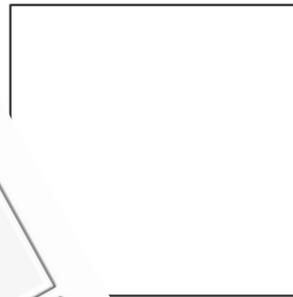
## pancreas

Gland in the abdomen that releases insulin to tell cells there is sugar in the bloodstream.



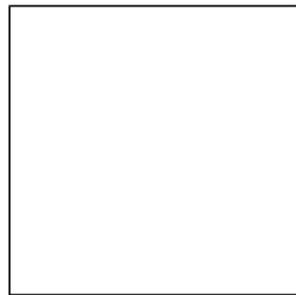
## insulin

Hormone released by pancreas that tells cells there is sugar in the bloodstream.



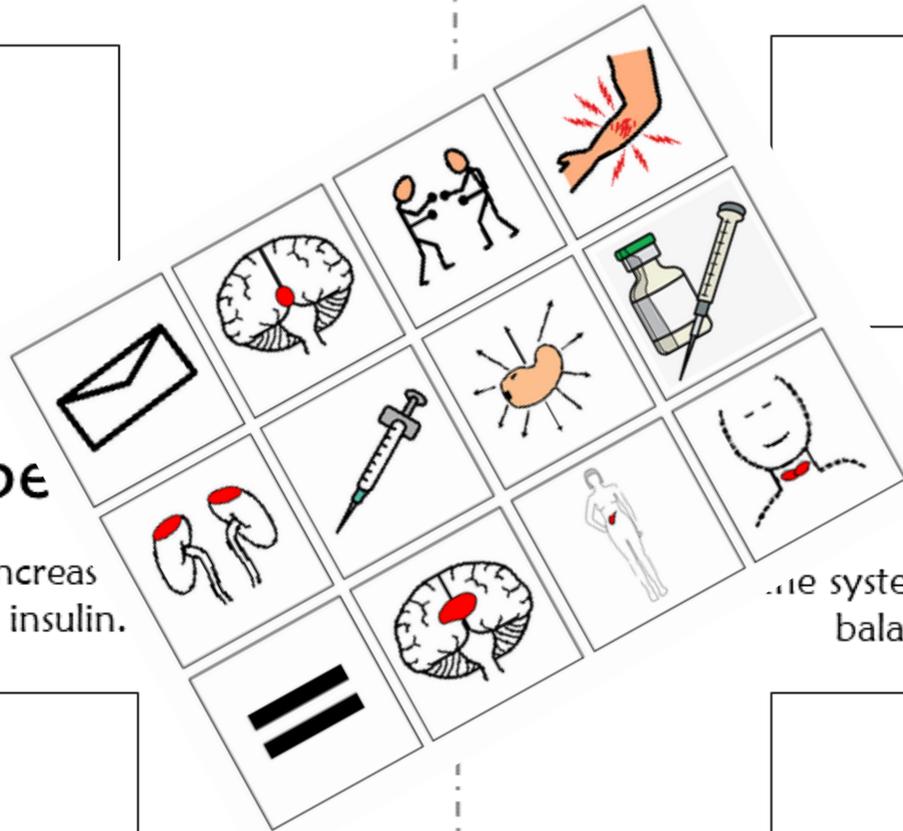
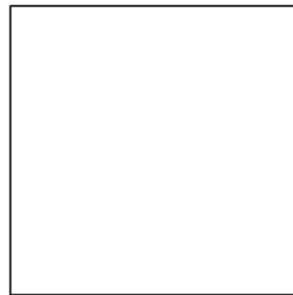
## diabetes

Disease where the pancreas doesn't release enough insulin.

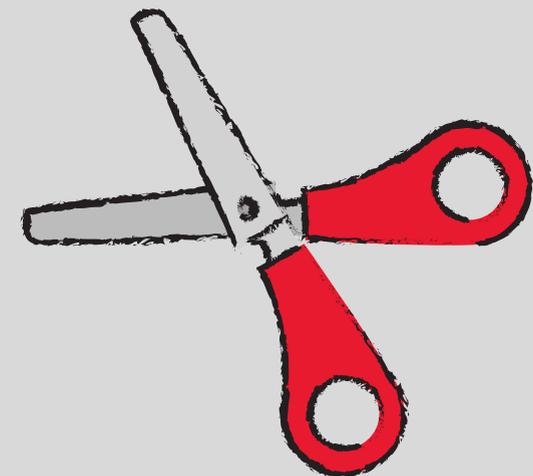


## homeostasis

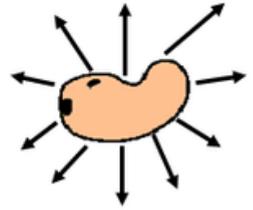
Balance of the systems in the body to stay balanced.



Students will also test their knowledge of these new words and symbols with a cut and paste activity on days 6&7.



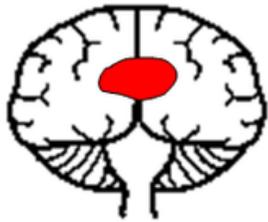
glands



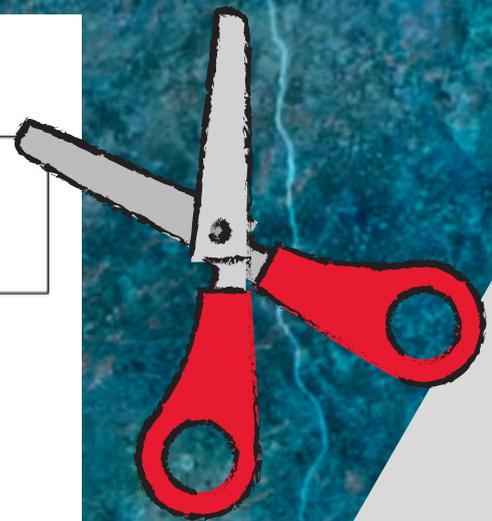
hormones



hypothalamus

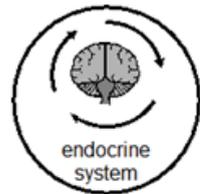


pituitary gland



- You have **2 choices**:
1. Students match the picture to the definition (easier).
  2. Students match the definition to the picture (harder).

Gland in your neck that controls how fast or slow cells make energy.	Disease where the pancreas does not make enough insulin.
Hormones released by pituitary gland to help block pain.	Special organs that release hormones.
Gland in the brain that links the nervous and endocrine systems.	When all the systems in the body are balanced.



**Errorless**

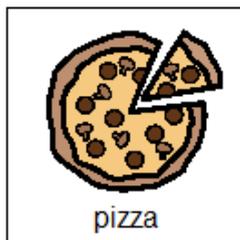
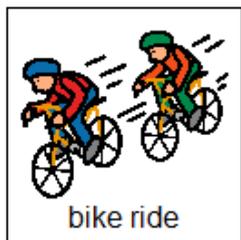
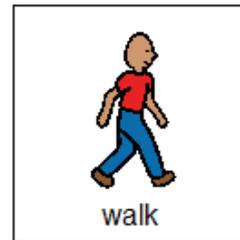
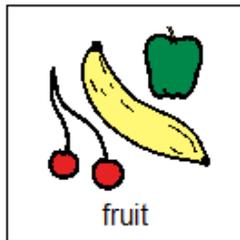
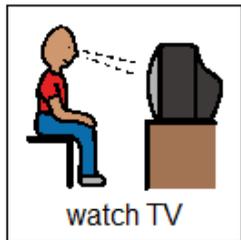
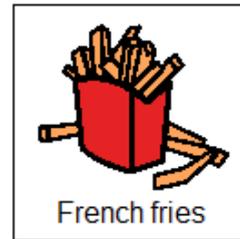
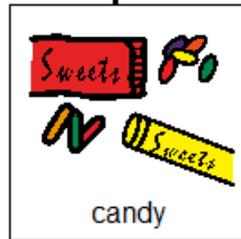
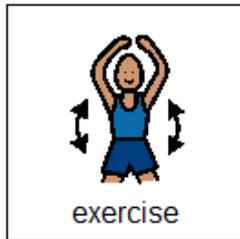
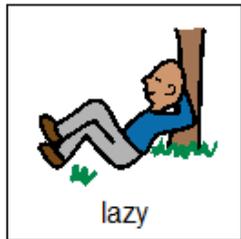
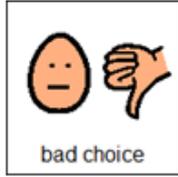
**harder**



There are 2 circle maps in this unit.

This circle map is a great way for students to see a the concept at a glance. There are 2 versions:

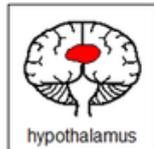
- One is errorless
- One has wrong answers mixed in students will have to set aside



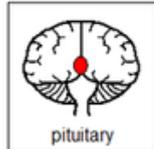
There is a sorting activity included. Here, students will sort good vs bad ways to take care of their endocrine system. (These are reviewed in the book.)



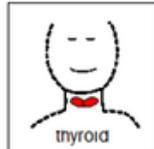
Draw a line from the gland to where it is located on the body.



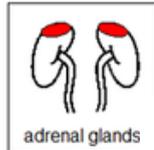
hypothalamus



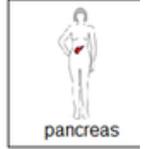
pituitary



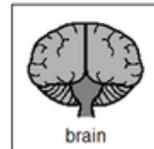
thyroid



adrenal glands



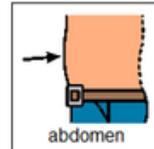
pancreas



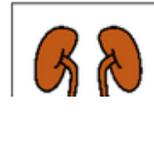
brain



throat

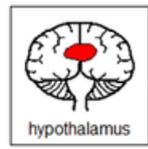


abdomen

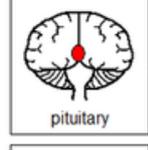


kidneys

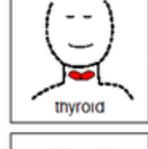
Draw a line from the gland to where it is located on the body.



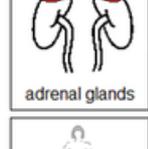
hypothalamus



pituitary



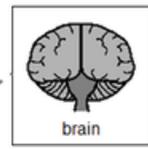
thyroid



adrenal glands



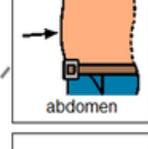
pancreas



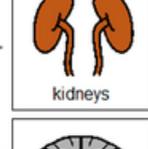
brain



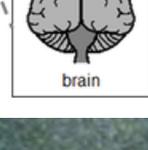
throat



abdomen

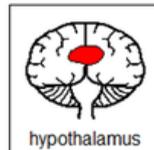


kidneys

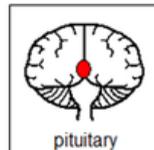


brain

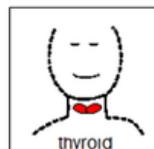
Draw a line from the gland to where it is located on the body.



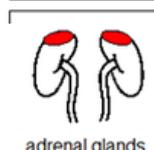
hypothalamus



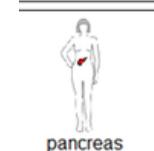
pituitary



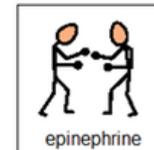
thyroid



adrenal glands



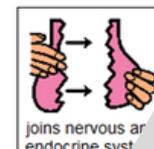
pancreas



epinephrine



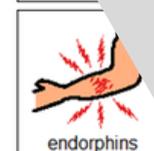
grow strong bones



joins nervous and endocrine systems



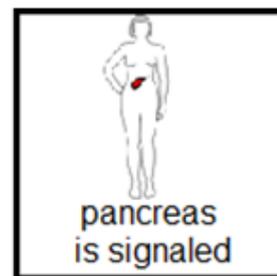
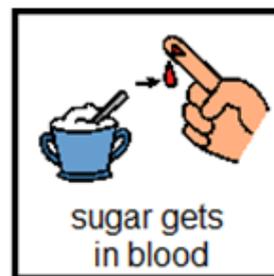
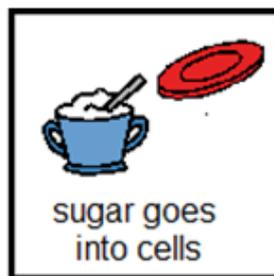
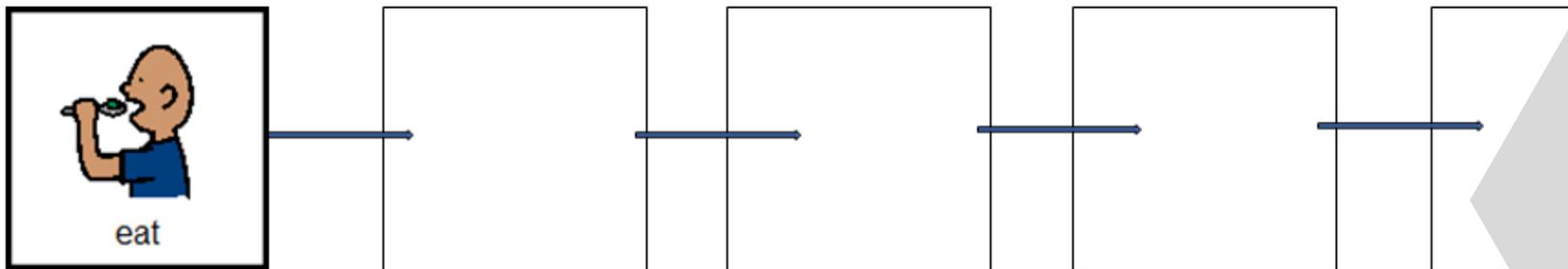
tells cells when to grow



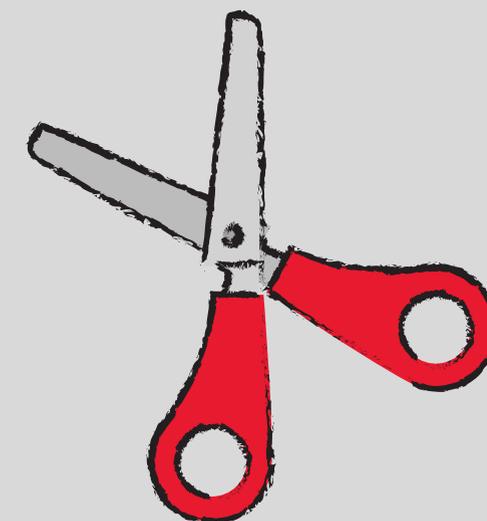
endorphins

The are 2 matching activities in this unit. Each has a differentiated version with dashed lines to trace.

Sequence how sugar is used by the body. Place the X where diabetes causes a problem.



There is a sequencing activity included. Here students will sequence the basic steps of how sugar gets into the cell. They then add the X where diabetes interferes with that process.

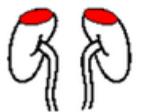
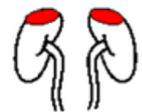


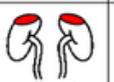
# Endocrine System

 pituitary			 diabetes
	 endorphins	 adrenal glands	 pituitary
 endorphins			 adrenal glands
	 pituitary		 endorphins



# Endocrine System

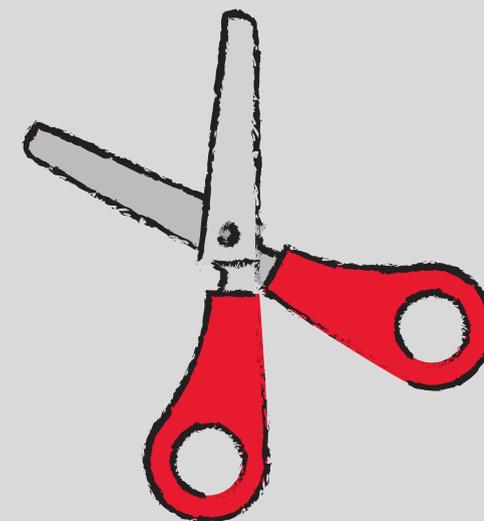
 pituitary	 adrenal glands	 adrenal glands	 endorphins
 diabetes	 diabetes	 diabetes	

	 homeostasis			 pituitary
	 endorphins	 diabetes	 homeostasis	 adrenal glands
 adrenal glands	 endorphins	 hormones		
 homeostasis	 pituitary		 adrenal glands	 hormones
		 adrenal glands	 homeostasis	 pituitary
	 homeostasis			 adrenal glands
				 diabetes



There is a Sudoku puzzle in this unit as well. This is a great way to work with the new vocabulary!!

There are 2 versions plus answer keys.



## Endocrine System

E N D O R P H I N S A B K Q M  
 V B P T K Q S G F I D U L K H  
 H Y T E P I N E P H R I N E Y  
 L G H F I U N S I E E Z F X P  
 M R Y H T D P B N R N T P G O  
 J K R O U G A M S Y A F W L T  
 R T O M I P N L U N L L J A H  
 I D I E T B C K L T G H C N A  
 S I D O A Z R D I Q L A B D L  
 F A I S R V E L N K A Y B S A  
 H B F T Y L A M V R N H N H M  
 M E J A Z B S H G Y D W V V U  
 N T B S Y S R E H K S D T A S  
 B E G I G F H O R M O N E S M  
 V S E S N E N D O C R I N E R

adrenal glands	hypothalamus	epinephrine	endocrine
endorphins	pituitary	hormones	homeosta
pancreas	thyroid	diabetes	insulin
glands			

## Endocrine System

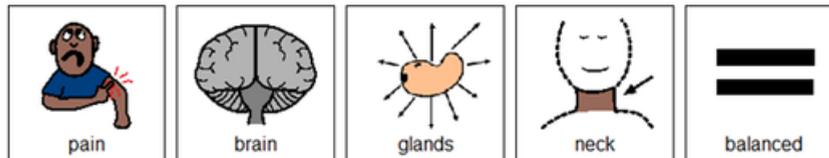
E N D O R P H I N S A B K Q M  
 V B P T K Q S G F I D U L K H  
 H Y T E P I N E P H R I N E Y  
 L G H F I U N S I E E Z F X P  
 M R Y H T D P B N R N T P G O  
 J K R O U G A M S Y A F W L T  
 R T O M I P N L U N L L J A H  
 I D I E T B C K L T G H C N A  
 S I D O A Z R D I Q L A B D L  
 F A I S R V E L N K A Y B S A  
 H B F T Y L A M V R N H N H M  
 M E J A Z B S H G Y D W V V U  
 N T B S Y S R E H K S D T A S  
 B E G I G F H O R M O N E S M  
 V S E S N E N D O C R I N E R

adrenal glands	hypothalamus	epinephrine	endocrine
endorphins	pituitary	hormones	homeostasis
pancreas	thyroid	diabetes	insulin
glands			

There is also a word search to work with vocabulary. If your students cannot do a word search, have them highlight the circle words on the answer key.

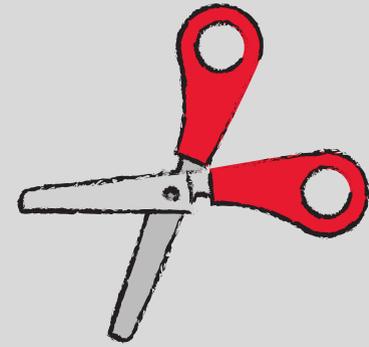
## The Endocrine System

1. The endocrine system is made up of  that secrete hormones.
2. The endocrine system tries to keep the body .
3. The hypothalamus and pituitary gland are in the .
4. The pituitary gland releases endorphins that help block .
5. The thyroid is in the  and helps regulate cell energy.



## Diabetes

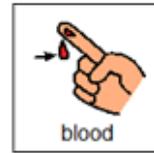
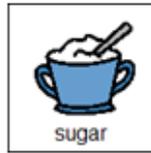
1. Diabetes occurs when your  is not working right.
2. Not having enough  causes diabetes.
3. Insulin tells the cells there is  available.
4. Sugar keeps your cells .
5. People who have diabetes have to take  of insulin.



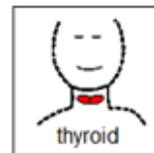
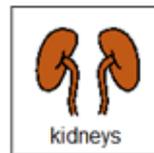
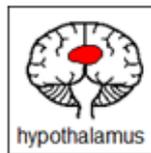
Close worksheets are a great informal assessment. This unit has 2 as an overview and one on diabetes.

Answer key included.

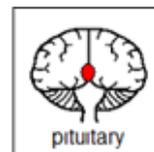
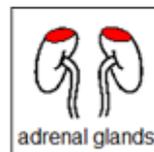
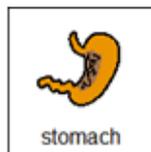
1. What do the glands in the endocrine system release?



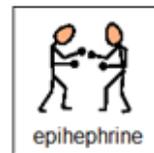
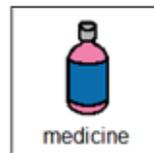
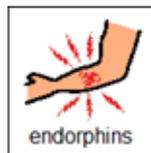
2. This gland connects the nervous and the endocrine systems.



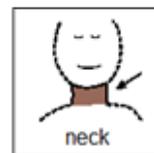
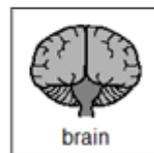
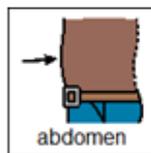
3. This gland is called the master glands and tells the rest of the endocrine system what to do.



4. What does the pituitary gland release that helps block pain?



5. The thyroid is an endocrine gland located in the:

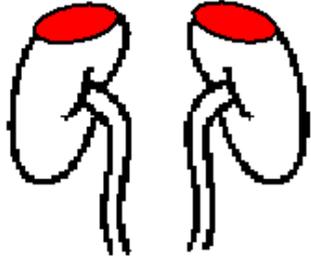
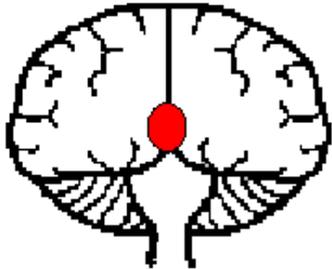


FINALLY the assessment!! There are 3 versions. This version has 10 questions with 3 picture choices for each question.

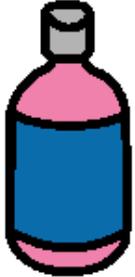
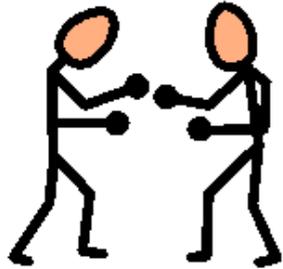
Answer key included.

Print onto cardstock or mount on index cards. Cut pictures apart and show student answer choices for each question.

Q 3

		
stomach	adrenal glands	pituitary

Q 4

		
endorphins	medicine	epinephrine

With this version, you cut out the answer choices and glue them on index cards. Ask the student the question, and they point to the correct answer.

1. What do the glands in the endocrine system release?
  - A. Sugar
  - B. Hormones
  - C. blood
2. This gland connects the nervous and the endocrine systems.
  - A. Hypothalamus
  - B. Kidneys
  - C. thyroid
3. This gland is called the master glands and tells the rest of the endocrine system what to do.
  - A. Stomach
  - B. Adrenal glands
  - C. pituitary
4. What does the pituitary gland release that helps block pain?
  - A. Endorphins
  - B. Medicine
  - C. epinephrine
5. The thyroid is an endocrine gland located in the:
  - A. Abdomen
  - B. Brain
  - C. Neck
6. What does the pancreas release that tells cells there is sugar in the blood stream?
  - A. Insulin
  - B. Electricity
  - C. blood

*This is your traditional multiple choice version. It can also be used as a recording sheet if your students are using the version with index cards.*



**[Click Here to read more!!](#)**

I realize there will be some students out there unable to do cutting activities. I have a blog post with ways to complete activities without a pair of scissors!!

*All of the activities (except the book) come in color and black and white.*