

Smarty Pants Magazine for Kids

Your Amazing Body: The Skeleton

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Name _____ Date _____

Activity 1 Comprehensive Reading Quiz

- Write the word that best completes the sentences below.
- Put an X on the word in the list when you have used it.

funny bones support red, yellow muscles joint cast, sling
dairy Sunshine Vitamin ear spare ribs minerals

1. A 'joke' is a saying that is **f** _____.
2. The main job of your bones is to **s** _____ your body.
3. Your 'skeletal system' is the parts of your body that are **b** _____.
4. The tendons connect bones to bones. ligaments connect bones to **m** _____.
5. Bones are hard because they are made of **m** _____.
6. The soft 'marrow' of the inner bone has the colors of **r** _____ and **y** _____.

7. A 'ball and socket' is a kind of **j** _____.

8. The smallest bone in your body is in the **e** _____.

9. If you break your arm, you might need these two things:

C _____, **S** _____.

10. Calcium is important for bone growth. Calcium is found mainly in

d _____ foods.

11. Vitamin D is called the **S** _____

V _____.

12. What kind of food did the skeleton order in the restaurant?

s _____ **r** _____.

Name _____ **Date** _____

Activity 1-a True/False

Draw a circle around the answer that is correct for the following sentences.

1. True False I think I have a good sense of humor.
2. True False I like to tell jokes.
3. True False Your bones are part of your Digestive System.
4. True False The skull bone protects your brain.
5. True False Tendons and ligaments are in the Skeletal System
6. True False Bone marrow is blue and green.
7. True False The smallest bone in your body is in your finger.
8. True False I have had a broken bone in my body.
9. True False Milk is good for bones.
10. True False I like milk.

Name _____ Date _____

Activity 1-b “sk” Consonant Blend Words

* Fill in the blanks below with the beginning “sk” letters to make a word.

* Rewrite the word on the line beside it.

1. sk _____ eleton skeleton

2. _____ ate _____

3. _____ i _____

4. _____ ill _____

5. _____ im _____

6. _____ in _____

7. _____ ip _____

8. _____ irt

9. ____ ull

10. _____ y



Name _____ Date _____

Math - Activity 2

How Many Bones Are in Your Body?

Here they are! Add it up. You can do it.

Head bones	+8
Face bones	+14
Ear bones	+6
Throat bone	+1
Shoulder bones	+4
Rib bones	+25
Back bones	+24
Arm bones	+6
Hand bones	+54
Hip bones	+4
Leg bones	+8
Feet bones	+52

Total = _____

Physical Education: Gross Motor

Activity 3: Move Like An Animal

Good for:

- large muscle development
- Balance
- breaks from sitting
- transition times
- fidgety kids
- pretend play
- language development
- verbs of movement
- having fun!

Try it, Teachers. It's a good workout for you, too!

Kids are good at figuring this out.

Use the "What's My Name?" as a Riddle.

Continue to talk about the animal as you do motions.

Bear Walk

Stand. Bend over on flat palms of hands and flat feet with bottom in the air. Walk.

"I'm a furry animal. I walk on paws. What is my name? I'm a little Bear. Now, how do you do?"

Butterfly/Bird

Standing. Free movement. Flapping arms and gliding.

"I have wings and I fly in the sky. What is my name? I'm a little Bird/Butterfly. Now, how do you do?"

Skunk Walk

Same as Bear. But walk on fingertips and toes. Forward, backwards, or sideways.

"Watch out for me. I'm a stinky fellow. What is my name? I'm a little Skunk. Well, how do you do?"

Elephant Walk

Stand. Clasp hands together, arms down and front. Swing arms like a trunk. Bend over and walk.

“I’m big and gray and I have a trunk. What is my name. I’m a little Elephant. Now, how do you do?”

Penguin Walk/Waddle

Stand. Arms straight down by side. Walk stiff, on heels, or waddle back and forth.

“I live in the snow in a black and white suit. What is my name. I’m a little Penguin. Now, how do you do?”

Tiger Crawl

Down. Arms bent at elbows straight out with flat palms. On knees. Crawl low like a stalking tiger.

“I live in the jungle and I’m orange and black. What is my name? I’m a little Tiger. Now, how do you do?”

Flamingo

Stand. Hop on one leg. Alternate legs. Step, hop, step, hop. Skipping.

“I am a big bird and my color is pink. What is my name? I’m a Flamingo. Now, how do you do?”

Snake Slither

Down flat on stomach. Arms by side. Slither and wiggle to move.

“I slither and I wiggle and I might bite you. What is my name? I’m a little snake. Now, how do you do?”

Horse Gallop

Gallop in place on balls of feet. Transfer weight from foot to foot. In place, or move around. Pump arms up and down.

"I have a mane and tail and you can ride me. What is my name? I'm a little Horse. Now, how do you do?"

Seal Slide

Down flat on stomach. Legs straight and together from hips. Pull forward with arms/elbows to move.

"I live in the water and I love to slide. What is my name? I'm a little Seal. Now, how do you do?"

Turtle Crawl

Push up and move side to side. Don't let feet and hands cross.

"I have a shell and I hide inside. What is my name? I'm a little Turtle. Now, how do you do?"

Turtle on His Back Kick

Down on stomach. Roll over to back and kick arms and legs.

Inchworm Crawl

Down flat on stomach. Pull arms in on elbows. Walk feet up. Now in a ball. Walk hands out back down to stomach. Repeat like an inchworm inching along.

"I am a worm and I inch along. What is my name? I am an Inchworm. Now, how do you do?"

Kangaroo Hop

Squat down. Elbows bent and tucked into chest. Squat thrusts forward to move.

"I live in a pouch and they call me 'Joey'. What is my name? I'm a Kangaroo. Now, how do you do?"

Frog Leap

Squat down. Hands touch at side. Leap forward. Repeat.

“I am green and I live in a pond. What is my name? I’m a little Frog. Now, how do you do?”

Rabbit Hops

Standing. Hop up and down and all around.

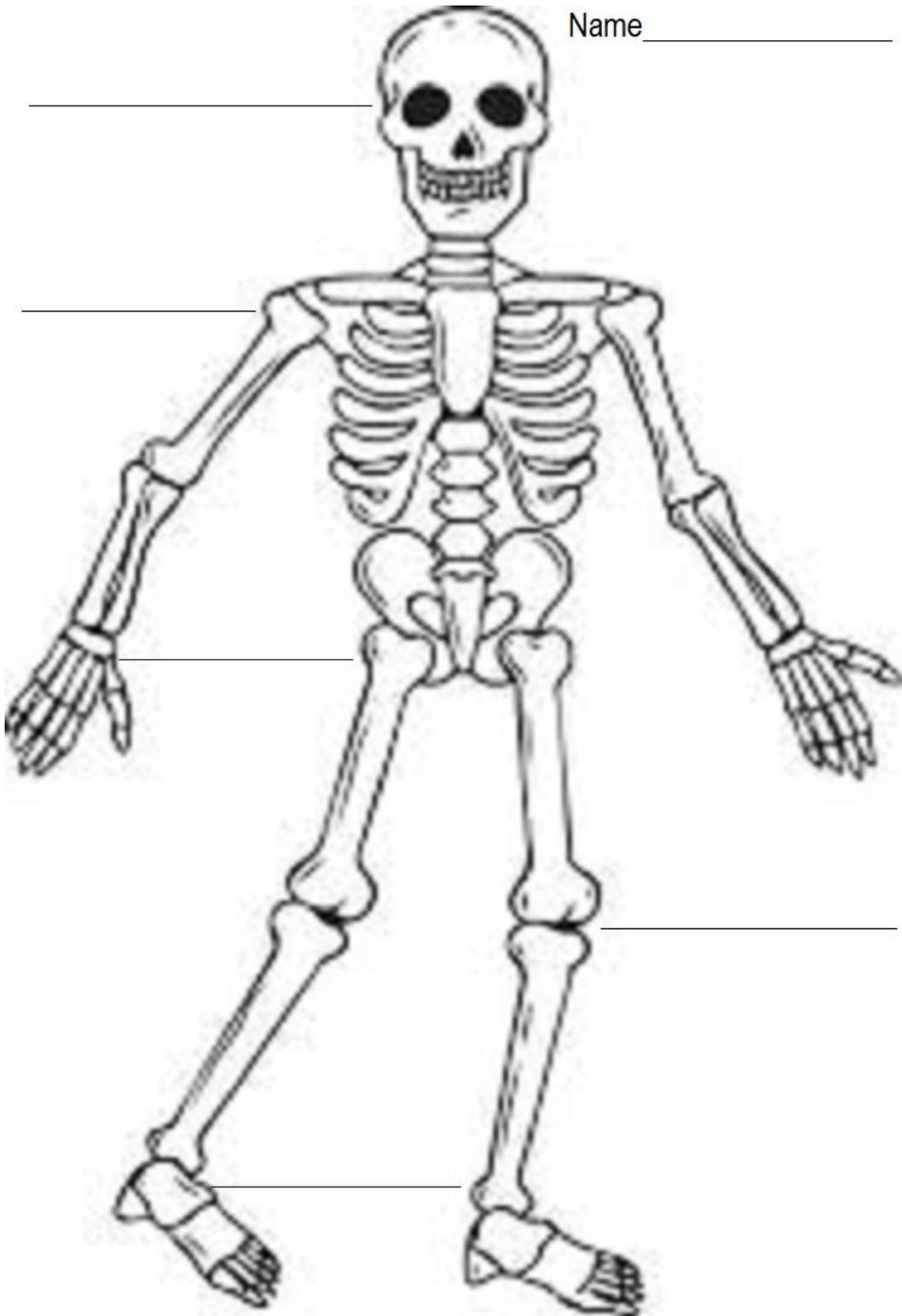
“I eat carrots and I am so cute. What is my name? I’m a little bunny. Now, how do you do?”

Glossary

bones	Skeleton System of the body for movement and support.
cast	A hard protective covering for a healing bone
Calcium	An essential element for healthy bones.
dairy	Food products that come from milk.
element	Calcium is an element that helps form bones.
humor	A short story told to be funny and make people laugh.
joints	Where bones come together so the body can bend.
ligaments	Connect bones to muscles.
minerals	Elements in the body that turn food into energy.
marrow	The spongy part of the inner bone that produces new blood cells.
Mechanic Shop	Where you go to get your car fixed.
Orthopedic Doctor	A doctor that fixes broken bones.
Skeletal System	All the bones in your body.
tendons	Connect bones to bones.
Vitamin D	A nutrient that helps the body absorb Calcium for bone health.

Anatomy Worksheet and Label Parts

Name _____



Your Amazing Body - The Skeleton

Make no "bones" about it. Your body is full of bones, which makes up your skeleton. Let's learn more in "Your Amazing Body - The Skeleton!"

Skeleton Jokes

1. Why didn't the skeleton dance at the party? (He had no body to dance with!)
2. Why do skeletons drink milk? (It's good for your bones!)
3. Why did the skeleton go to the Mechanic Shop? (For body work!)
4. What do you call a skeleton who won't work? (Lazy bones!)
5. How do skeletons contact each other? (By tele-bone!)

Skeletons Are No Joke!

Along with other body systems (like the Digestive System for food and the Breathing System with lungs), you have a Skeletal System of bones. Without your skeleton for support, you would flop over like a rag doll! In this bone system, stringy, stretchy *tendons* and *ligaments* connect bones to your body.

The tendons connect bones to bones. The ligaments attach bones to muscles.

Your Bones Can Work

Each bone in your body has a job to do. Hard bones surround and protect soft parts inside. The skull bone protects the brain. Your rib bones protect your heart and lungs. Bones are hard because they are made of minerals. The outside material of a bone is solid. The inside material of a bone is spongy to allow body movement and to let blood flow through the bone. At the center of a bone is a soft *marrow* material. Yellow marrow is mostly fat cells. Red marrow produces blood cells.

Your Bones Can Bend

Joints are where the bones connect so you can move. Shoulders and hips have a 'ball and socket' joint that allows a wide range of arm and leg movement. Shoulder joints allow your arms to reach up and down, and wave around in a circle. The leg joints let you kick, march, jump and dance.

Imagine that you have no joints You would be stiff and have to move like a robot!

Did You Know?

- Your bones grow until you are about 20 years old
- The red marrow can produce 5,000,000,000 blood cells each day
- The smallest bone is in your ear
- The longest bone is the ‘thigh’, upper leg bone
- A bone doctor is an Orthopedic doctor

Your Bones Can Heal

Bone can break. Bones can heal. If you break your arm, the doctor will put a protective cast around the damaged area to keep it straight while it heals. You will have to keep your arm in a sling. Your friends will want to sign their name on your cast.

Your body will go to work and start healing the wound. Blood will rush to the area to bring new blood cells. New soft tissue will start to form. New bone materials will fuse the gap in the broken area.

Your mother will tell you not to run around. The broken bone will grow back together. The doctor will take the cast off and you can play again.

Good Food for Good Bones

The three most important factors for healthy bones are ‘Calcium’, Vitamin D, and Exercise.

Calcium is an element found in dairy foods, like milk, yogurt, and cheese. Other foods with Calcium are: leafy green vegetables, nuts and seeds, and fish.

Milk is usually ‘fortified’ with the addition of Vitamin D, which helps the body absorb and use Calcium. Vitamin D from the sun is absorbed in your body when you play outside. It is even called the ‘Sunshine Vitamin. Many foods are ‘fortified’. That means they have added Vitamin D. Milk, cereals, and orange juice are often fortified with Vitamin D.

Make No Bones About This!

(“We’re not kidding around about healthy bones”).

Your skeleton is a growing, living thing within you. But, don’t be scared. Take care of your skeleton and it will ‘support’ you the rest of your life!

One Last Skeleton Joke: “What food did the skeleton order at a restaurant?” (spare ribs!)