



**LIFE**  
EDUCATION

Learning with Harold

# THINKING



## HEALTHY BONES

### Building a strong skeleton

Have you ever had an X-ray?

An X-ray shows you what your bones look like. All of your bones together make up your skeleton. Look at this X-ray of a hand. Can you see all of the bones?



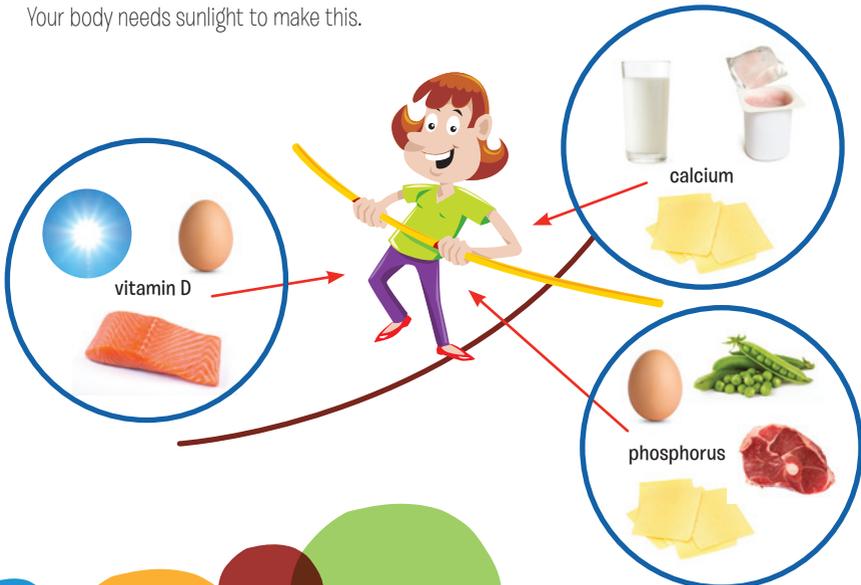
An adult can have up to 29 bones in each hand!

Many of your muscles are joined to the bones in your skeleton. Without a skeleton, you wouldn't be able to move.

To work and play you need a strong, healthy skeleton.

The most important things for building strong bones are exercise and a healthy diet that gives you minerals called calcium and phosphorus. You also need vitamin D.

Your body needs sunlight to make this.



CREATE!



## 1. Life-sized Skeleton

In this picture, you can see some of the bones in a human body. Now it's time to make your own skeleton. You can use the picture as a guide, but you may want to find your own picture that shows all of the bones in your body. You will need:



- a large sheet of paper
- crayons or felt pens
- glue sticks
- scissors

1. You need one classmate to lie down on the paper. Use a crayon or felt pen to draw the outline of his or her body.
2. Choose a bone each to draw. Make sure it will be the right size to fit into the body on the paper. You may need to draw 2 or 3 bones each.
3. Cut out each bone and glue it onto the body.
4. Around your picture, write or draw the things you need to have strong, healthy bones.

## 2. Bones Protect Us

Your skeleton helps to protect some parts of your body. Peter and Rhonda want to know how bones do this. Can you help them answer their questions?



What part of my body does my skull protect?



How do my ribs help to protect my body?

CHECK THIS OUT!



For some cool games that teach you more about bones, see:

<http://interactivesites.weebly.com/bones.html>

