

# Smarty Pants Magazine for Kids

## Your Amazing Body: The Skeleton

### Teacher/Parent Page

**The Reading:** Your Amazing Body: The Skeleton

"Refer to the Reading and Glossary for Answers to all Quiz/Worksheet Activities.

### Glossary

### Applications:

#### Language and Literacy Worksheets:

Activity 1: Comprehension Reading Quiz, Word Recognition

Activity 1-a Comprehension Reading Quiz, True/False Choices

Activity 1-b Consonant Blend Words: "sk"

#### Math Worksheet

Activity 2: Addition of Multiple Numbers

#### Anatomy Worksheet

Activity 3: Label Major Bone Joints

#### Physical Education: Gross Motor

- Activity 4: Audio Song
- Move Like An Animal, Sing Like a Bird



# 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!)

# Glossary

- Bones** are the Skeleton System of the body for support and movement.
- Cast** is a hard protective covering for a healing bone.
- Calcium** is an important *mineral* that forms bones.
- Dairy** foods are products that come from milk.
- Elements** are important parts in the make-up of all living things.
- Humor** is a short story told to be funny and make people laugh.
- Joints** are where bones come together so the body can bend.
- Ligaments** connect bones to muscles.
- Minerals** are *elements* in the body that turn food into energy.
- Marrow** is the spongy part of the inner bone that produces new blood cells.
- Mechanic Shop** is where you go to get your car fixed.
- Nutrients** are *elements* in food that make the body grow.
- Orthopedic Surgeon** is a doctor that fixes broken bones.
- Skeletal System** is all the bones in your body + tendons and ligaments.
- Tendons** connect bones to bones.
- Vitamin D** is a nutrient that helps the body absorb Calcium for bone health.

Name \_\_\_\_\_ Date \_\_\_\_\_

### Activity 1 Comprehensive Reading Quiz

Write the word that best completes the sentences below. Write 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** \_\_\_\_\_!

Answer Key for you to Check and Correct Yourself. "Don't peek!" 1.funny 2.support 3.bones 4.muscles 5.minerals  
6.red/yellow 7.joint 8.ear 9.cast/sling 10.dairy 11.Sunshine Vitamin 12.spare ribs!

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.

Answer Key to Check and Correct Yourself. "Don't peek!"

1 choose 2 choose 3F (Skeleton) 4T 5T 6F (red/yellow) 7F (ear) 8 choose 9T 10 Choose

Name \_\_\_\_\_ Date \_\_\_\_\_

**Activity 1-b “sk” Consonant Blend Words**

*\*Note: Consonants are all the letters in the alphabet except the Vowels: a, e, i, o, u*

Make a Word. \*See examples #1 and #2. Finish #'s 3-10 by adding the two letters "sk' in the blanks. Re-write the word you have made.

1. **s k** e l e t o n                      skeleton \_\_\_\_\_

2. **s k** a t e                                skate \_\_\_\_\_

3. \_\_\_ u l l                                    \_\_\_\_\_

4. \_\_\_ i l l                                    \_\_\_\_\_

5. \_\_\_ i m                                    \_\_\_\_\_

6. \_\_\_ i n                                    \_\_\_\_\_

7. \_\_\_ i p                                    \_\_\_\_\_

8. \_\_\_ i r t                                    \_\_\_\_\_

9. \_\_\_ i                                        \_\_\_\_\_

10. \_\_\_ y                                    \_\_\_\_\_

Name \_\_\_\_\_ Date \_\_\_\_\_

### Activity 2 Math

There are over 200 bones in a human body.

Count the bones. **Add** it up. You can do it.

Show your work on the right side space as you figure it out.

Skull	Bones	+24
Neck	Bone	+ 1
Back	Bones	+26
Rib	Bones	+24
Arm	Bones	+ 6
Hand	Bones	+54
Hip	Bones	+ 2
Thigh	Bones	+ 2
Leg	Bones	+ 6
Feet	Bones	+52

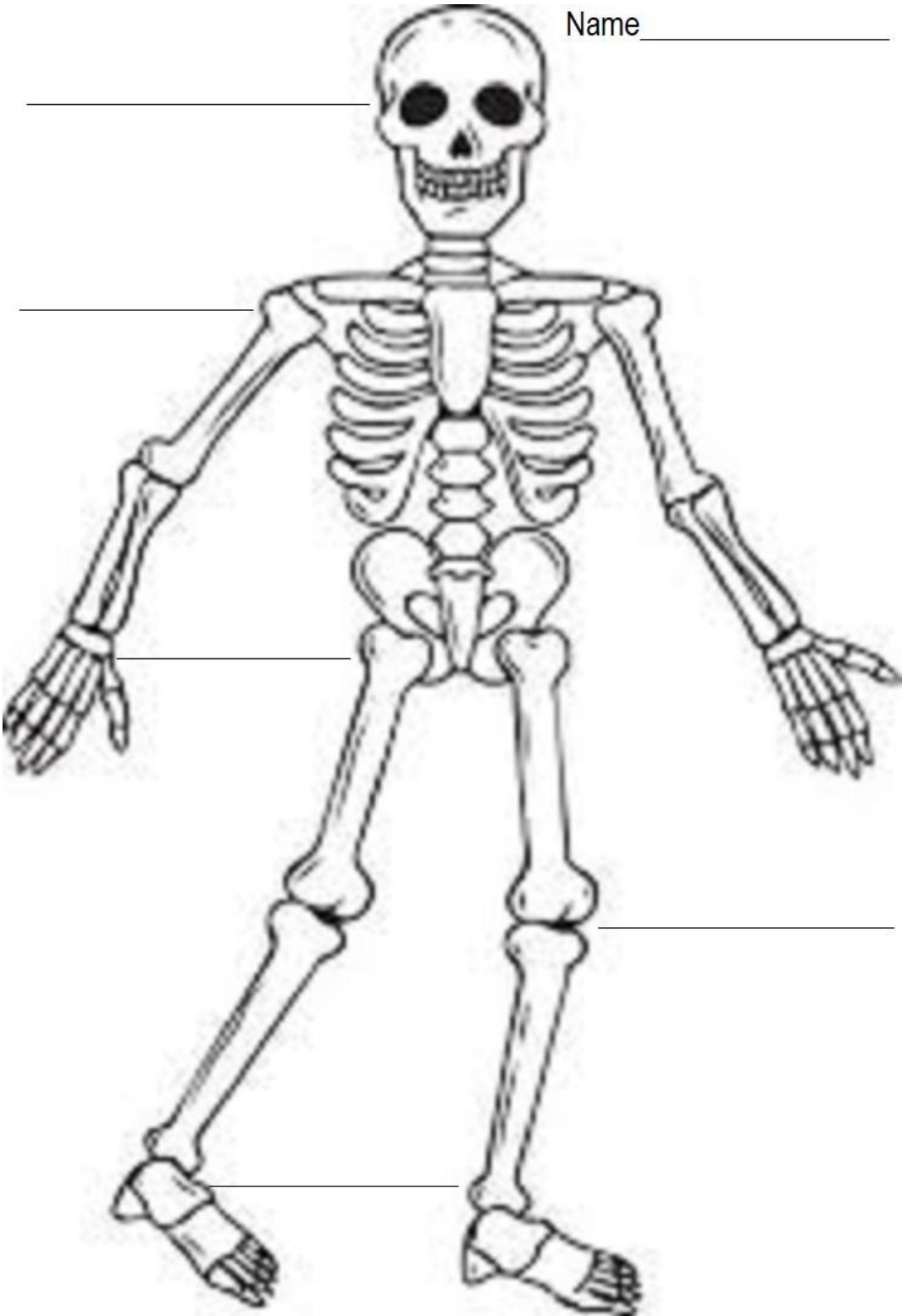
Total = \_\_\_\_\_

Answer Key to Check and Correct Yourself. "Don't peek!" Total is 201



Anatomy Worksheet and Label Parts/Activity 3

Name \_\_\_\_\_



*Bone Word Bank: Skull, Shoulder, Wrist, Knee, Ankle*

## Physical Education: Gross Motor

### Activity 4: Move Like An Animal, Sing Like a Bird

#### See Audio Song for Words in Italics

#### 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/Parents. It's a good workout for you, too! Kids are great at figuring this out. Say the 'What's My Name Riddle' (in Italics) for each animal as they do the 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 Walk**

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 Walk**

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?"*

### **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?"*

### **Turtle on His Back Kick**

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

### **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?"*