

What are bones for?



What is a skeleton, and what are all those bones inside you doing?



Why?

1. Job number one: holding you up!

Without bones, you would flop like a wiggly noodle. Your skeleton is like the frame of a house.

2. Job number two: keeping you safe.

Your skull is a hard helmet around your brain. And your ribs are like a cage that guards your heart and lungs.

3. Job number three: helping you move.

Your muscles hold on to your bones and pull them. Where two bones meet, there is a joint, so you can bend, twist, and wave.

Color Bonnie too!



Try it! Find your bones

You need: just your hands

1. Gently press your fingers along your arm and your knuckles.
2. Can you feel the hard bones under your skin?
3. Now bend your fingers. How many joints can you find in one finger?

What happened? A joint is where two bones meet. That is where your finger bends.

Video + more questions:
whywhywhykids.com/bones



scan with a grown-up