



## Finding Out about Bones

This month in THE GREAT BODY SHOP, your child will be studying the skeleton. We'll learn how eating well and getting exercise keeps it strong. The lessons are:

- Lesson 1:** Observing the Skeleton
- Lesson 2:** How the Skeletal System Functions
- Lesson 3:** The Health Benefits of Exercise
- Lesson 4:** Exercise Is Fun!

## The Bone Game

The Bone Game was designed to be played with your child in order to reinforce the material learned in school. With your child, make a game board with 20 spaces. You will need one die and a colored button for each player.

Cover the answers with a sheet of paper.

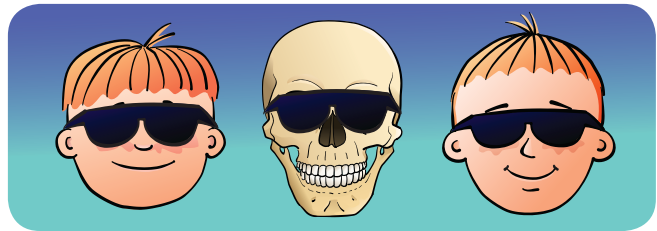
Each player rolls the die to determine how many spaces to move. Players mark their spaces with buttons.

The player then refers to this page and answers the question or does the activity that corresponds to that space. For example, a person landing on square 17 must run in place for one minute.

Every time a player gets the right answer or completes the activity, he/she gets to stay where he/she landed.

Every time a player misses the answer, or can't do the activity, he/she has to go back 4 spaces.

The first person to reach the goal at the end of the game wins.



## Questions for the Bone Game

1. Do 20 jumping jacks.
2. The place where 2 bones come together is called a \_\_\_\_\_.
3. Do 10 sit-ups.
4. Name one food with a lot of calcium.
5. The bones of the head are called the \_\_\_\_\_.
6. Stand up and march in place for 1 minute.
7. Stand up and stretch your arms overhead.
8. We are the only "bones" in your body that you can see. What are we?
9. Bones couldn't move one inch without \_\_\_\_\_.
10. Name one hinge joint.
11. An \_\_\_\_\_ is a picture that looks right through your skin and shows only your bones.
12. How many bones does a adult have?
13. Who has more bones—a baby or a grown-up?
14. Which bones protect your heart and lungs?
15. What does your backbone (vertebrae) protect?
16. Name one ball and socket joint.
17. Run in place for 1 minute.
18. What are your hip bones called?
19. Why is it important to keep a cast on a broken bone?
20. Bones and muscles are a good team. What makes them a better team?

Answers:

2. joint
4. milk, yogurt, or cheese; green, leafy vegetables, broccoli, oranges
5. skull
8. teeth
9. muscles
10. hinge joints: elbow, fingers, toes, knee
11. X-ray
12. 206
13. baby
14. ribs
15. nerves, or spinal cord
16. ball and socket joints: shoulder, hip
18. pelvis
19. to keep it from moving while it heals
20. exercise