



Did you know you have an amazing framework inside your body?

It's your skeleton!

Your skeleton is made of bones, and your bones have some very important jobs. They help give your body its shape and support you from the top of your head all the way down to your toes!

Your bones also help protect important parts inside your body. Your skull helps protect your brain, and your ribs help protect your heart and lungs.

And your bones help you move!

When you're walking, your bones are helping.

When you're jumping, your bones are helping.

And when you're running and playing, your bones work with your muscles to help your busy body move!

You can even feel some of your bones. Gently touch your arm, your knee, or the top of your head. Can you feel something hard underneath your skin?

Those are your amazing bones!

Here is something really cool: **children have more bones than adults!** As you grow, some of your bones join together. Most adults have 206 bones.

You can help take care of your bones, too. Eating healthy foods, moving your body, playing outside, and wearing a helmet when you ride your bike are all great ways to help keep your body healthy, safe, and strong.

Your bones support you every single day.

So stand.

Move.

Jump.

Play.

And take good care of your amazing bones!



MY AMAZING BONES!

Strong. Supportive. Made to Move!

Your skull helps protect your brain!

Bones give your body shape and support!

Your ribs help protect your heart and lungs!

Bones work with muscles to help you move, jump, run, and play!

FUN FACT!

Children have more bones than adults!
As you grow, some bones join together.



Take care of your bones!

Eat healthy foods, move your body, play outside, and wear a helmet when you ride!





My Amazing Bones!

H W H B O D Y R J S H
U E T T K E Y O T E G
H Z A B G J J R Z O W
M O X L Y K O N L W R
W Z L A T N K M Z J I
O Y H Y G H S W K B B
R O Y L E L Y E X I S
G F S H L D I I N X F
U D O U E N Y L P O Q
B W K W T E J V L A B
Q S R E V O M O T R T

BODY • MOVE • STRONG • SKULL • RIBS •
GROW • HEALTHY



My Amazing Bones!



BODY • MOVE • STRONG • SKULL • RIBS •
GROW • HEALTHY



My Amazing Bones!

What Did You Learn About Your Amazing Bones?

1. What are all the bones in your body called together?

- A. Your skeleton
- B. Your pajamas
- C. Your sandwich

2. What does your skull help protect?

- A. Your food
- B. Your mittens
- C. Your brain

3. Your bones work with your _____ to help you move.

- A. Teddy bear
- B. Muscles
- C. Eyelashes

4. Who has more bones?

- A. Potatoes
- B. Adults
- C. Children

5. What should you wear to help protect your head when riding a bike?

- A. A helmet
- B. A sock
- C. A banana peel



Check Your Work!

★ Answer Key

My Amazing Bones

A — Your skeleton

C — Your brain

B — Muscles

C — Children

A — Helmet

Great Job!

In the space below, draw and color a picture of something that you learned about your amazing brain.

Maybe it will be a picture of your favorite healthful food.

Maybe it will be a picture of you keeping your stomach healthy. 🍌

You can draw and color anything you want!