





## Activities for Students

*Note: The following activities are written in language appropriate for sharing with your students.*

### Dem Bones

#### Objective:

Students will:

- Identify the major bones in the body

#### Materials:

- Computer with Internet access
- Art supplies (markers, pens, or pencils; scissors; paper and tape or glue)
- “Dem Bones” handout

#### Class Time:

1½ hours

#### Activity:

Cut out the bones on the “Dem Bones” handout, and reconstruct correctly as a skeleton on a piece of paper using tape or glue. Then label these bones:

fibula  
humerus  
patella  
pelvis  
radius  
rib  
scapula  
skull  
sternum  
tibia  
ulna  
vertebra

Finally, circle one ball-and-socket joint and one hinge joint.

#### Extension:

The famous gospel song “Dry Bones” describes how the different bones in the body fit together (“The foot bone connected to the leg bone,” and so on.) It’s your turn to create a song, poem, or verse about the body – this time about the muscles and joints and how they help the bones move. Using catchy rhymes can help you remember the words.



## Give Me a Break!

### Objectives:

Students will:

- Identify injuries that can occur to bones, muscles, and joints
- Determine how to prevent these injuries
- Discover what to do if an injury occurs

### Materials:

- Computer with Internet access
- Pen and lined paper

### Class Time:

1½ hours

### Activity:

Lots of things kids and teens do can cause bones to break, muscles to strain, and ligaments to sprain. But there are ways to help prevent these injuries. Using the articles at KidsHealth, write an informational flyer offering tips to help your friends avoid these injuries. Be sure to include this information:

- The kinds of activities that can result in injured bones, muscles, or joints
- The kinds of injuries that can occur
- Precautions to take to prevent these injuries
- What to do if a bone is broken or a muscle is pulled

### Extensions:

1. Create a video for young kids showing them what to expect if they need to get a cast or splint.
2. Your friend just fell off his bike and is clutching his arm. You think it might be broken. How can you help him?

## Reproducible Materials

#### Handout: Dem Bones

[KidsHealth.org/classroom/6to8/body/parts/bones\\_handout1.pdf](http://KidsHealth.org/classroom/6to8/body/parts/bones_handout1.pdf)

#### Handout for Teachers: Dem Bones Answer Key

[KidsHealth.org/classroom/6to8/body/parts/bones\\_handout2.pdf](http://KidsHealth.org/classroom/6to8/body/parts/bones_handout2.pdf)

#### Quiz: Bones, Muscles, Joints

[KidsHealth.org/classroom/6to8/body/parts/bones\\_quiz.pdf](http://KidsHealth.org/classroom/6to8/body/parts/bones_quiz.pdf)

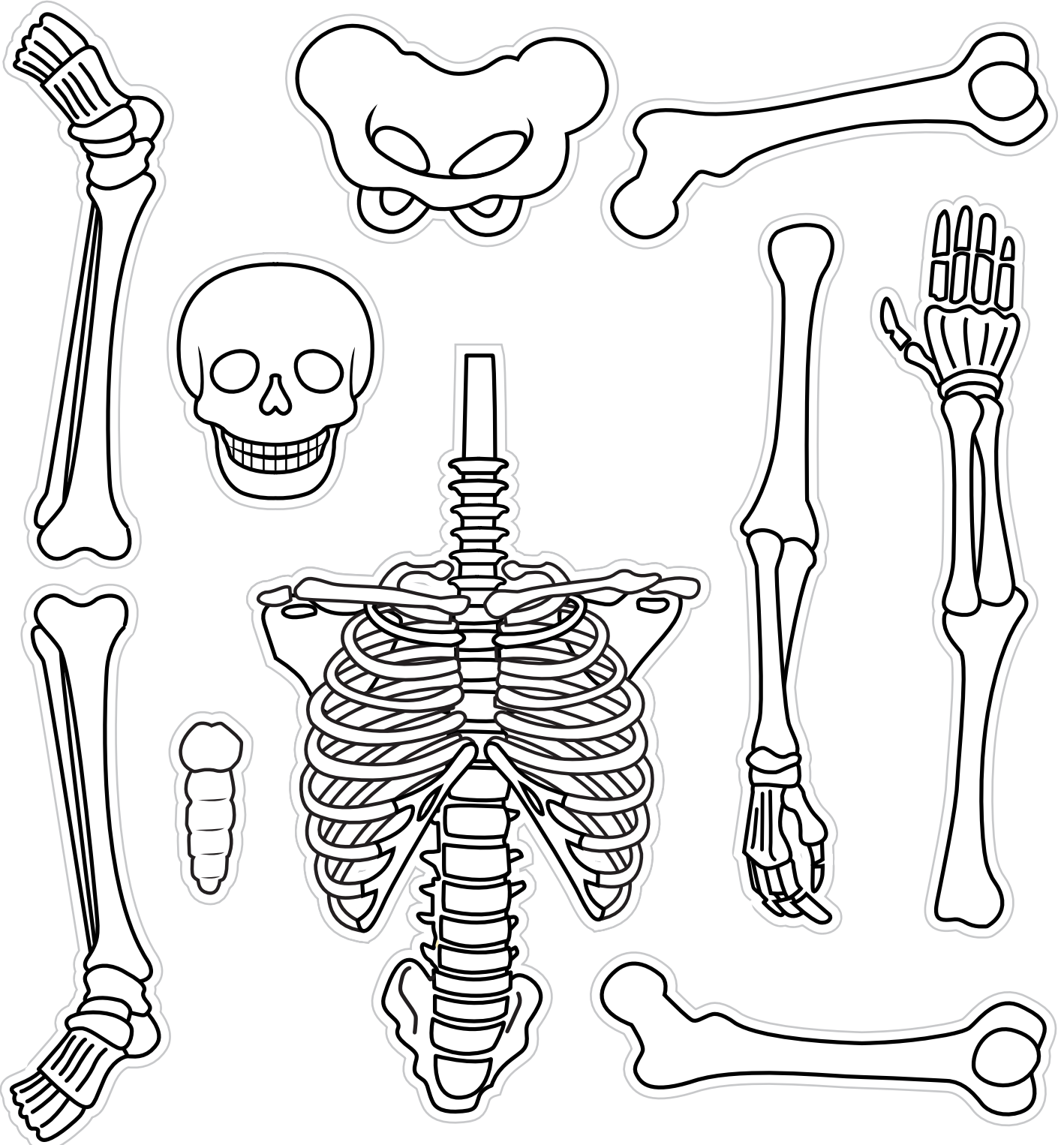
#### Answer Key: Bones, Muscles, Joints

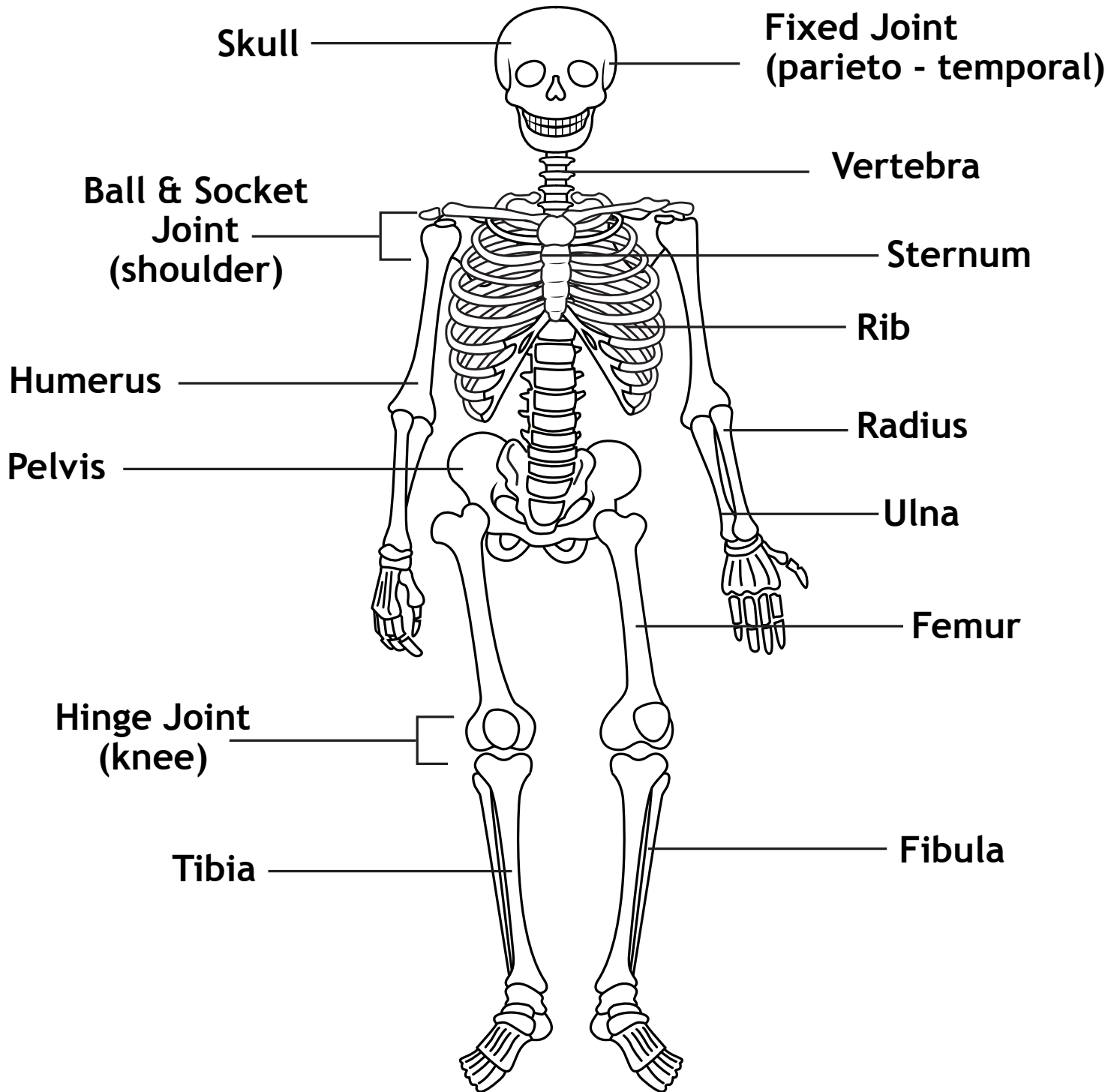
[KidsHealth.org/classroom/6to8/body/parts/bones\\_quiz\\_answers.pdf](http://KidsHealth.org/classroom/6to8/body/parts/bones_quiz_answers.pdf)



## Dem Bones

Instructions: Cut out the bones and use them to create a puzzle of the human skeleton. Label the major bones and briefly describe what they do.







Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Quiz

Instructions: Answer each question.

- Adults have this many bones and muscles, respectively:
  - 198, more than 400
  - 206, more than 600
  - 300, more than 1,000
  - Trick question! Each person has a different number of bones and muscles.
- The ribs protect the \_\_\_\_\_.
- Underline the two main types of joints:
  - Ball and socket joint
  - Bend joint
  - Hinge joint
  - Squeeze joint
  - Stretch joint
- True or false: It's easy to flex your smooth muscles.
- True or false: Skeletal muscles are attached to bones by tendons.
- True or false: The gluteus maximus is made up of cardiac muscle.
- True or false: The worst thing for a broken bone is to move it.
- \_\_\_\_\_ hold bones together at joints.
- RICE, the acronym that reminds you how to help an injury, stands for:
  - Relax, Injury, Cold, Eat
  - Rejuvenate, Inhibit, Cast, Emergency
  - Rest, Ice, Compression, Elevation
  - Rice, Ice, Concise, Entice
- Name a vitamin and a mineral that help keep bones (and teeth) strong:
  - \_\_\_\_\_
  - \_\_\_\_\_



## Quiz Answer Key

- Adults have this many bones and muscles, respectively:
  - 198, more than 400
  - 206, more than 600
  - 300, more than 1,000
  - Trick question! Each person has a different number of bones and muscles.
- The ribs protect the (any one of the following: heart, lungs, liver).
- Underline the two main types of joints:
  - Ball and socket joint
  - Bend joint
  - Hinge joint
  - Squeeze joint
  - Stretch joint
- True or false: It's easy to flex your smooth muscles.
- True or false: Skeletal muscles are attached to bones by tendons.
- True or false: The gluteus maximus is made up of cardiac muscle.
- True or false: The worst thing for a broken bone is to move it.
- Ligaments hold bones together at joints.
- RICE, the acronym that reminds you how to help an injury, stands for:
  - Relax, Injury, Cold, Eat
  - Rejuvenate, Inhibit, Cast, Emergency
  - Rest, Ice, Compression, Elevation
  - Rice, Ice, Concise, Entice
- Name a vitamin and a mineral that help keep bones (and teeth) strong:
  - vitamin D
  - calcium