

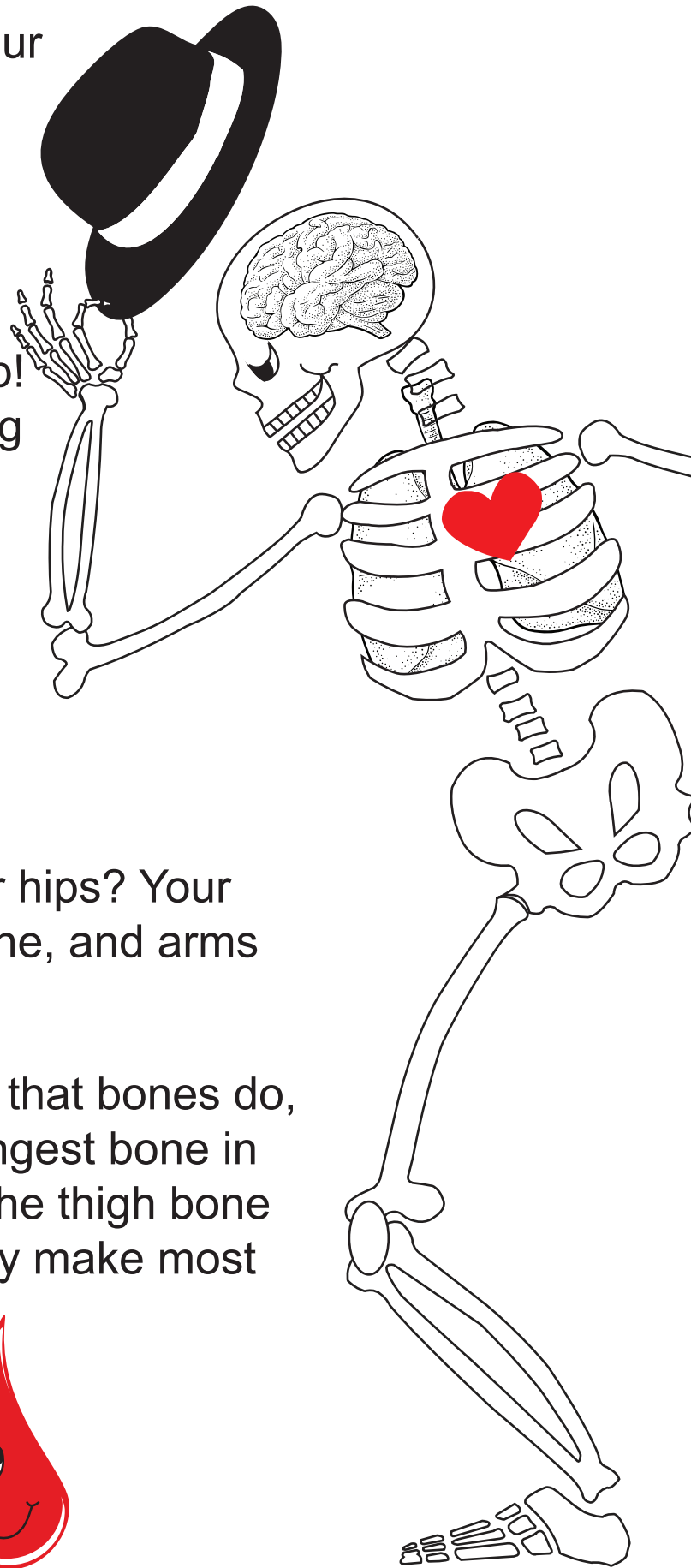
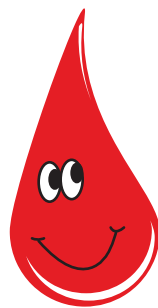


We have bones in every part of our bodies, except for our tummies. Bones are the hardness under our soft skin that give us our shape and help move us around. If we didn't have bones, we couldn't wear clothes, or stand up! All of our bones together including our teeth, make up our skeleton.

The bones in our head protect our brains.
The bones in our chest protect our heart and lungs.

Can you point to your back? Your hips? Your chest? What about your head bone, and arms and leg bones?

One of the most important things that bones do, is make our blood for us. The longest bone in our skeleton is the thigh bone. The thigh bone connects to our hip bone and they make most of the blood in our bodies.



Objectives

By the end of this lesson, the children should be able to:

- Identify basic body parts (legs, arms, hips, back, head, knees, hands, etc.)
- Know that bones give us shape and protect our our insides
- Know that blood is made in our bones
- Know hard from soft and know how to palpate a hard bone under soft skin

Materials

- One roll of contractor paper or 2 pieces of poster board for each child
- Thick marker
- Scissors
- Brass fasteners
- Crayons

Lesson Prep

- Cut out the moveable skeleton
- Cue up kids dance party playlist of your choice

Greeting Routine (for more than 2 children)

Free play until everyone arrives.

Mat Time DANCE PARTY MOVES HIPS CHEST AND BACK

DANCE PARTY W/ BODY PARTS. Take turns leading a dance move (limit it to one body part at a time to keep it simple.)

“Go ahead Zoey, show us a dance move using your arms!” Intersperse “Free Style” with taking turns leading dance moves with body parts. Be sure to include CHEST, HIPS AND BACK. Some children don’t know where their chest or hips are located. A dance move for CHEST would be pushing your chest in and out while breathing loudly in and out. A dance move for BACK could be tucking arms and hands toward the center of the body in prayer position and moving side to side like a snake. Hula hoop action for HIPS.

Reading Time

Read Book 1, *Meet The Bones Family*.

Activity in Motion

HEAD, SHOULDERS, KNEES AND TOES. Ask children where their heads are. Have fun with them helping you to find the body parts in the song. Make sure you are wrong sometimes so that children get the chance to help you. Have them follow you as you sing the song. After singing it traditionally a few times through with the action, replace original words with "CHEST, HIPS, AND BACK, BACK, BACK". (refer to video if needed)

Lesson

"What are bones? They are the hard parts inside our bodies. They give us our shape and help us to move around." (Point to the pile of clothes.) "We would look like this pile of clothes if we didn't have bones." (Pull up the hanger holding the shirt and pants. Explain to the children that our bones are like clothes hangers because they give us our shape." (Have the children feel the softness of the clothes and the hardness of the hanger underneath comparing them to the differences in the feel of our soft skin and hard bones.)

(Have children feel for the bones in their heads, shoulders, knees and toes.) "That hardness is a bone. Can you feel the bones in your THIGHS? Hmm not so easy. How about the bones in your HANDS? Can you feel those? Yes?"

"So, now we know our bones give us shape but they also help to protect our insides. Our skull, which is our head bone, protects our brain, and our ribs, that are inside our chests, protect our lungs. Everyone feel your ribs as you take a deep breath IN and OUT. Can you feel your rib cage move?" (Take a few breaths, and then ask them if they can feel bones in their bellies. They should say, "No.") "That's right, there are no bones in our bellies! But behind our tummies is a back bone. Can you feel your back bone?" Lastly say: "Wow! Our bones and skeletons are awesome... did you know that our bones also do another really important thing. They make our blood! Does everyone know what their blood is? What color is it?"

Activity in Motion

HOKEY POKEY. Cue up Hokey Pokey song or sing it yourself. Keep it simple by saying "you put one foot in, you put one foot out" etc. and then say "you put the other foot in, you put the other foot out". Don't worry about right and left at this point.

My Body Project

Have children lay directly on the contractor paper and trace their bodies on both sides of the paper. Discuss the body part being traced. Ask them which body part is being traced as you trace them. Cut to appropriate length. (One side will be bones, and the other will be organs.)

Lesson Review

“Where are your bones everyone? Yes, under our soft skin. Does anyone remember what our bones do?” Prompt them to recall that they give us shape (or we’d all look like snails), that they help us move around, that they protect our insides, and that they make our blood for us.

Activity in Motion

Read the poem while acting out the motions. Get the children to perform the actions with you.

Bones Poem

Bones give us shape, they get us to move

(stand up, stretch)

They help us to dance and stay in the groove!

(dance how they want to for 3 seconds)

They help us to wiggle and wag our tails

(wiggle, wag your imaginary tail)

If we didn’t have bones, we’d all look like snails!

(sink to floor all scrunched up in a ball)

Without our bones, we couldn’t do much

(lie down and don’t move)

We’d just lay on the floor like a bowl full of mush!

(continue to not move)

Bones are in animals, fish, birds and bats

(swim like a fish, soar like a bird, flap like a bat)

We can’t live without bones and that is just that!

(stand tall and give a thumbs up)

The Bones Family knows that under our skin

(point to chest)

Everyone is the same, no matter what skin we’re in!

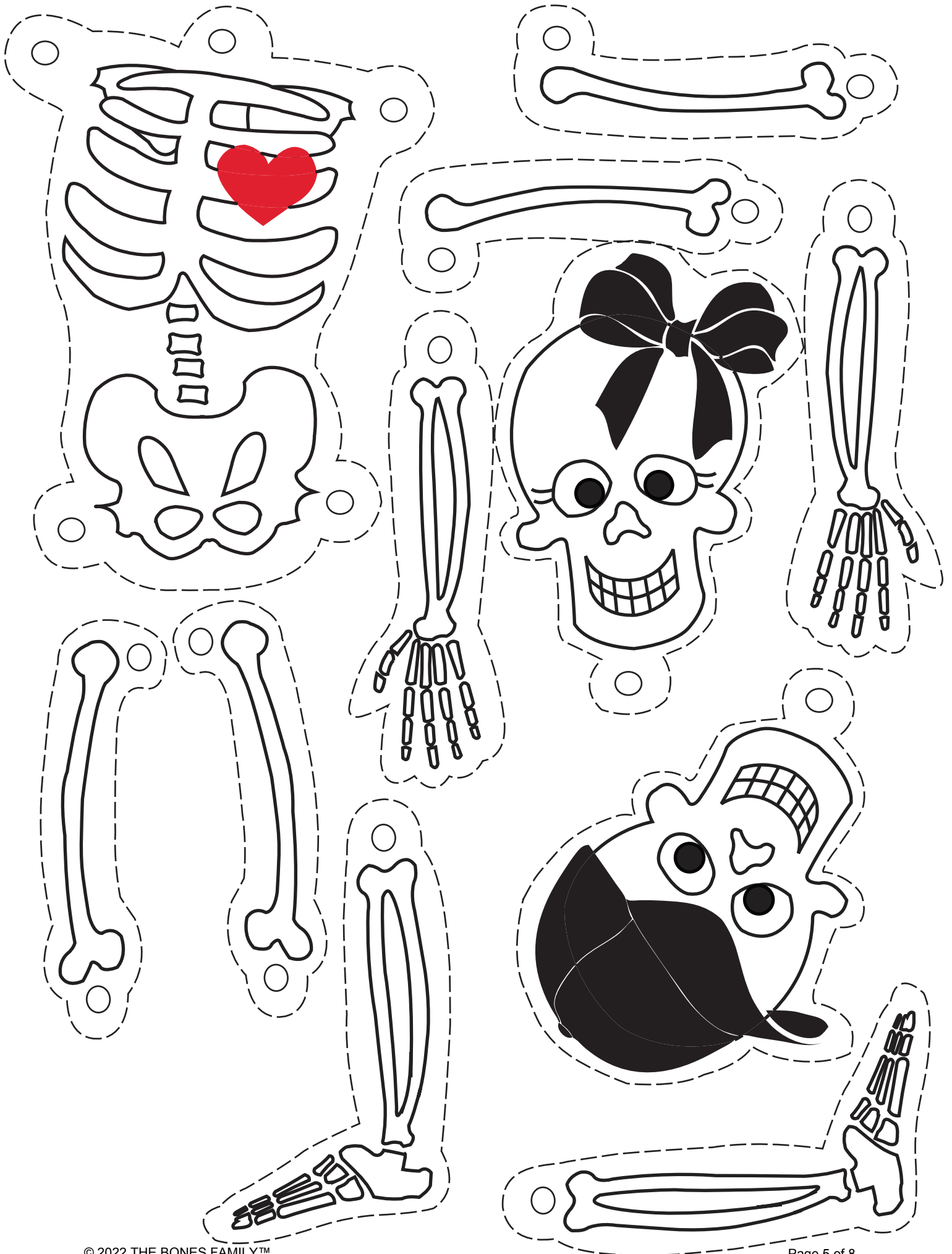
(hug yourself)

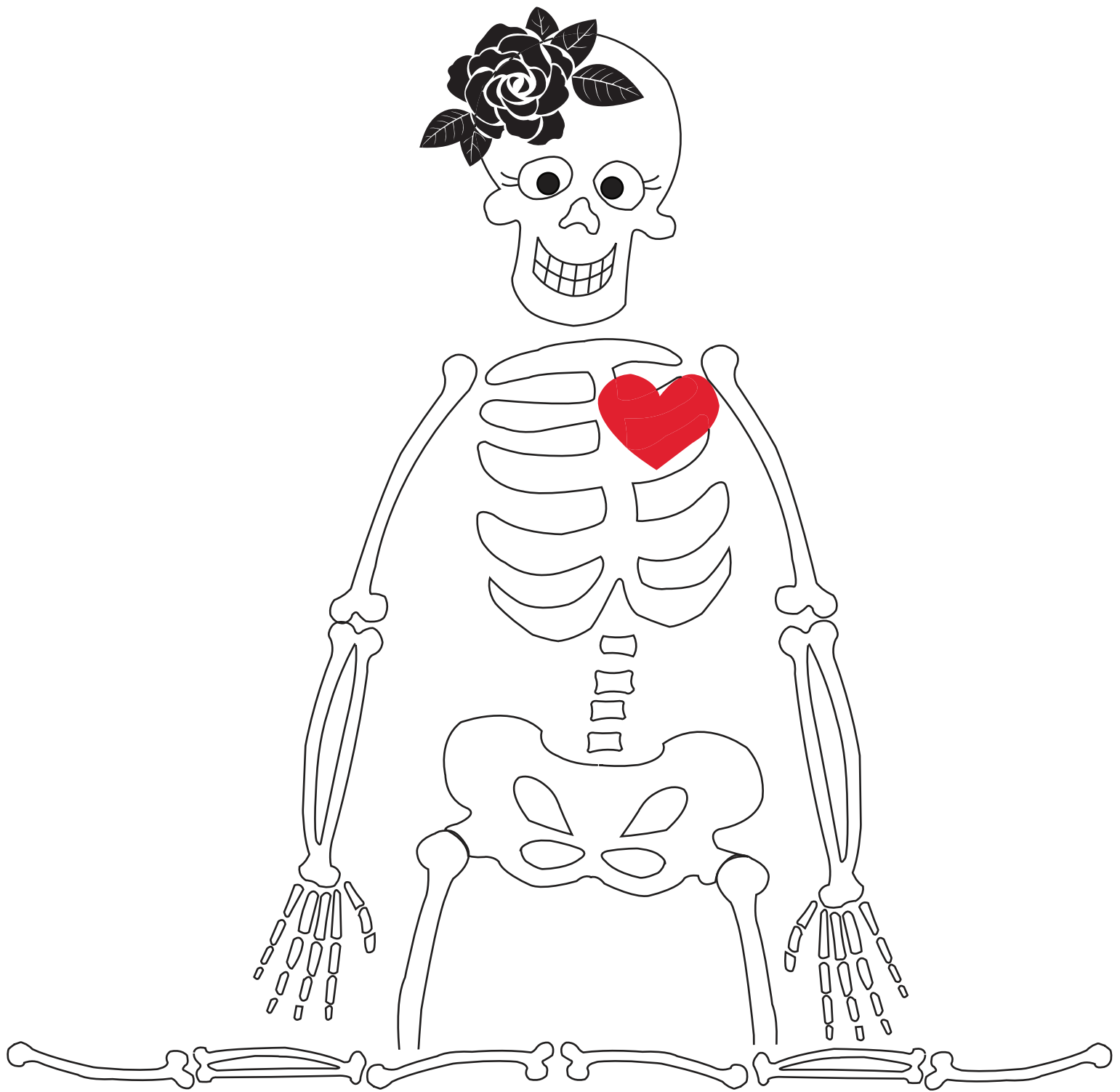
Notes

Contractor paper is inexpensive and can be found at any Lowes or Home Depot. Two pieces of poster board taped together can also work but is more expensive and not as user friendly.

We use dress up as a learning experience. Skeleton costumes are great to have so that the kids can dress up and see where the bones go.

Suggested reading: *Skeletons ARE NOT Spooky!* by Duds and Kaine





COLOR THE RIB BONES BLUE
COLOR THE BACK BONES GREEN
COLOR THE HIP BONES YELLOW



DECORATE THE BONES BY TRACING THE DOTTED LINES.

