

The Bones in Your Body

Your body has a lot of bones, and each one has its very own special name. Let's take a closer look at some of these bones in your body!

The Skull

At the top of your body is a very important bone called the cranium. It keeps your brain safe, like a super-strong helmet.

The Spine

Right down the middle of your back is the spine. It's made up of lots of little bones called vertebrae. These bones help you stand up straight, bend, and twist. The spine is like your body's tall tower!

The Ribcage

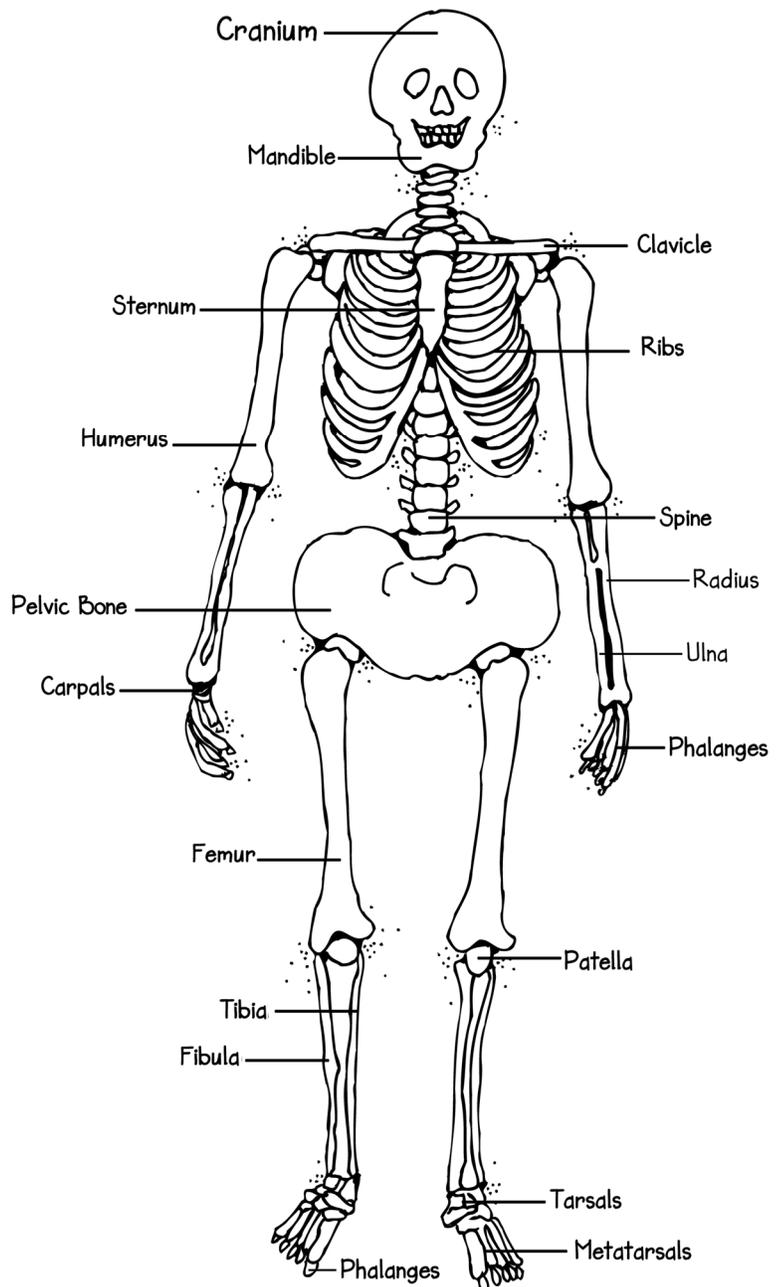
Protecting your heart and lungs is a set of bones called ribs. Your ribcage wraps around your chest, keeping everything safe and snug.

The Arm Bones

Your arms have three main bones. The humerus is in your upper arm, the radius and ulna are in your lower arm. These bones help you swing, wave, and hug.

The Hand Bones

In your hands, there are lots of little bones. Your wrist has eight small bones, and your palm has five metacarpal bones. Your fingers and thumbs have 14 phalanges. All these bones help you grasp, write, and high-five.



Name _____

The Leg Bones

Your legs also have three main bones. The femur is in your upper leg, the tibia and fibula are in your lower leg. These bones help you run, jump, and dance.

The Foot Bones

Just like your hands, your feet have many small bones. Your ankle has seven tarsal bones, your midfoot has five metatarsal bones, and your toes have 14 phalanges. These bones help you balance, walk, and kick a soccer ball.

These are just a few of the many bones in your body. Each bone has a special job, and they all work together to help you move, grow, and stay healthy. So, remember the names of your bones and how important they are to keeping your body strong and active!

1. What is the text structure of this passage?

description

cause and effect

compare and contrast

problem and solution

sequence

2. Circle the headings in the passage.

3. How does the diagram help you understand what you read in the text? _____

4. Highlight the labels in the diagram.

5. What are the bones that make up your fingers and thumbs called?
