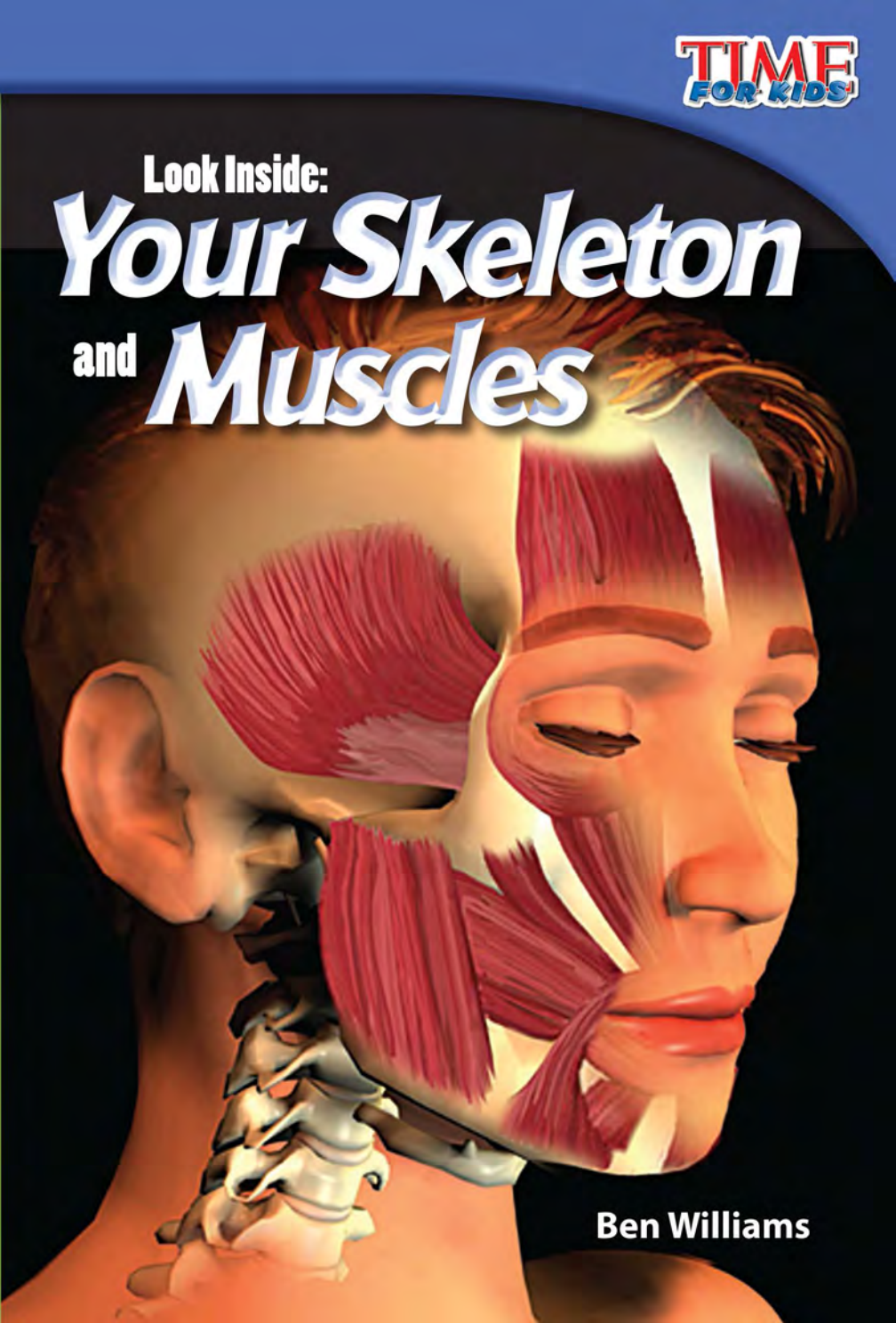
TIME FOR KIDS

Look Inside: Your Skeleton and Muscles



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For teachers' inspection ONLY

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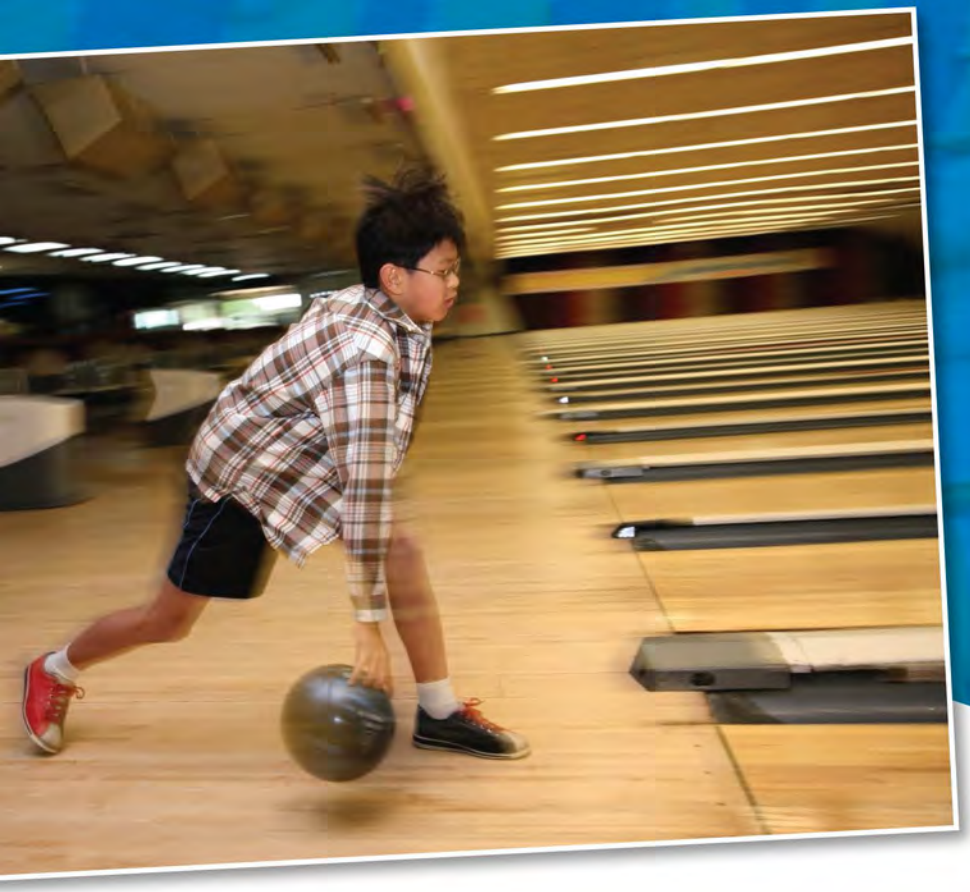
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The Skeleton and Muscles







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Imagine if you had no **skeleton** or **muscles** (MUHS-uhls). How would you stand? How would you move?

How would you throw a ball, touch your toes, or even blink your eyes?



The answer is that you could not do any of those things. You need a skeleton and muscles to do all the things you want to do.



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Your skeleton and muscles work together. They help you keep your shape and allow you to move.

All About the Skeleton

If you look at yourself in the mirror, you can get a good idea of what your skeleton is like under your skin.

Bones are inside every part of your body. Bones connect to make your skeleton, and your skeleton gives you your size and shape.



Joints

If bones are connected, how can they move? Bones are connected with joints that let them move in different directions.

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