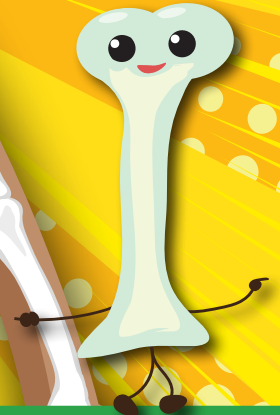


WHAT'S INSIDE ME?



My BONES



By Rachel Rose

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THE INSIDE SCOOP

Your body is a super machine that keeps you moving, learning, and having fun. But how does it work? The secret is inside!

I'll hold you up!



When you sit up straight, your bones are hard at work. Without your bones, you would flop to the floor. Let's take a closer look.



LET'S CONNECT

Bones are all over your body. In fact, you had about 300 of them when you were born. They are the frame for everything else.

Some bones come together as you grow. You end up with 206.





It may take many bones to form one part of your body. Your head has 29 of them!

Most of your bones connect to other bones.



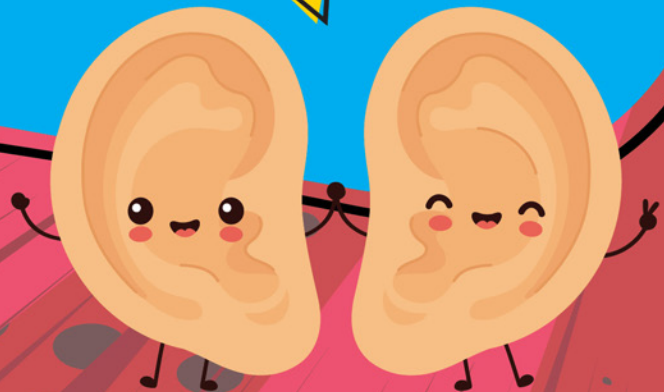
All together, your bones make up your **skeleton**.

BONY SHAPES

Bones come in different shapes and sizes. Many bones in your head are flat. Other bones are round, such as the ones in your back. A bone in your knee is shaped like a triangle.

A bone in your ear is about the size of a grain of rice!

What did you say?



Long, straight bones make up your arms and legs. Your leg has the longest bone in your body.

