Dear Family,

In my class today, I explored how bones and muscles give my body shape and help me move.

Did You Know?

- Bones of the body are called the skeleton. They give the body shape. They help keep it strong. Bones protect some of the softer parts of the body like the brain, heart, lungs, and liver. Bones work with the muscles. Muscles are the soft tissue inside the body. They work like rubber bands. Muscles pull on the bones and make them move.

Ask Your Child:

- Tell me what your bones and muscles do.
- Explain where your bones and muscles are located.
- Describe how your bones feel.
- Explain how a flexed muscle is different from a relaxed muscle.
- Describe how you used a strong motion and how you used a light motion.

Activities To Do With Your Child:

- Play music, and dance with your child. Have him or her show you how they danced with in class with the different motions (e.g. light, strong), and try those dance moves together.
- Make a skeleton by gluing cotton swabs on black paper.
- Search online for a skeleton image, and print it out. Cut the image into several pieces, and help your child put the pieces back together in the correct order.

Vocabulary To Use With Your Child:

- **bones** – the hard parts inside a person or an animal.
- **muscles** – the soft pieces of flesh inside a person or an animal that make the bones move.
- **flex** – to bend.
- **relax** – to become calm or less tense.
- **strong** – having power, great force, or energy.
- **light** – not heavy or full.