



BONES 1 Lesson “Bo Wo Wones” Kindergarten

- The **MORE HEALTH** website is equipped with a classroom **TEACHER** section. Here you will find pre- and post-visit activities, vocabulary words, and in many cases pre- and post-visit videos.
- Visit [morehealthinc.org](https://www.morehealthinc.org) - <https://www.morehealthinc.org/teachers/>
- **Password: resources**

Pre-Visit Activities

- Introduce the word “skeleton.” Discuss with the students that they are going to begin to study the part of the human body that is inside them and gives them their shape. Tell the students that their skeleton is made up of all their bones.
- Ask “How many bones do you think there are in the human skeleton?”
- Read aloud: *Bones* by Stephen Krensky. Tell the students to listen carefully as you read and see if they hear the answer to how many bones they have in their body. When they hear the answer, instruct them to raise their hands (**206** bones in the human skeleton).
- Ask students to share one question they have about the skeleton and one new thing they have learned about the skeleton. This will have them anticipating the presentation.
- Review enclosed Vocabulary. Students do not need to have a working knowledge of the terms, rather a beginning familiarity.

Suggested Post-Visit Activities

- Cut and put together the “Mr. Bones” puzzle using the attached pattern (page 5).
- Students can trace their bodies onto large sheets of paper, and then draw in their bones.
- Have students write the numeral **206** and the words **Two Hundred Six**. This will help them associate the ways they can relate the number of bones in the body to the different forms of numbers.
- Have students make posters or a bulletin board of foods that are good for their bones. They could cut out pictures of the foods high in calcium or draw their own pictures. A monthly survey of which calcium rich foods students are eating will serve as a powerful follow-up and reminder.

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Vocabulary

- **bone** _n any of the hard pieces that are joined together to form the skeleton of a person or animal; living tissue made up of calcium
- **calcium** _n a mineral that is needed in the diet to build strong bones and teeth
- **helmet** _n a hard covering to protect the head
- **joint** _n a place where two bones are joined, usually so they can move
- **organ** _n a part of the body that has a special purpose (heart, lungs, liver)
- **ribs** _n the curved bones that are attached to the backbone and reach around to form the chest
- **safe** _{adj} to keep free from harm or danger
- **skeleton** _n the framework of bones of a body
- **skull** _n the bony framework of the head, that encloses and protects the brain
- **X-ray** _n an invisible ray that can go through solid substances; used to study the bones and organs inside the body

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Goals

- Students will understand the importance of healthy bones.
- Students will have a working knowledge of the skeletal system.
- Students will recognize that injuries can be prevented.

Objectives

- Students will gain a basic understanding of the skeletal system using Mr. Bones and the disarticulated bones.
- Students will be able to describe how their bones protect their organs.
- Students will be able to explain the importance of bicycle helmets and other protective gear.

Standards

The student will...

- HE.K.B.4.2 demonstrate listening skills to enhance health.
HE.K.B.5.2 recognize healthy options to health-related issues or problems.
HE.K.B.5.3 recognize the consequences of not following rules/practices when making healthy and safe decisions.
- HE.K.C.1.1 recognize healthy behaviors.
HE.K.C.1.2 recognize the physical dimensions of health.
HE.K.C.1.4 recognize ways to prevent childhood injuries in the home, school, and community settings.
- HE.K.C.1.5 recognize there are body parts inside and outside of the body.
HE.K.P.7.1 identify healthy practices and behaviors to maintain or improve personal health.
PE.K.L.4.6 differentiate between healthy and unhealthy food choices.
ELA.K.C.2.1 present information orally using complete sentences. (*pre-visit activity*)
ELA.K.C.4.1 recall information to answer a question about a single topic. (*pre-visit activity*)
ELA.K.V.1.1 use grade level academic vocabulary appropriately in speaking and writing.
ELA.K.V.1.2 ask and answer questions about unfamiliar words in grade-level content.

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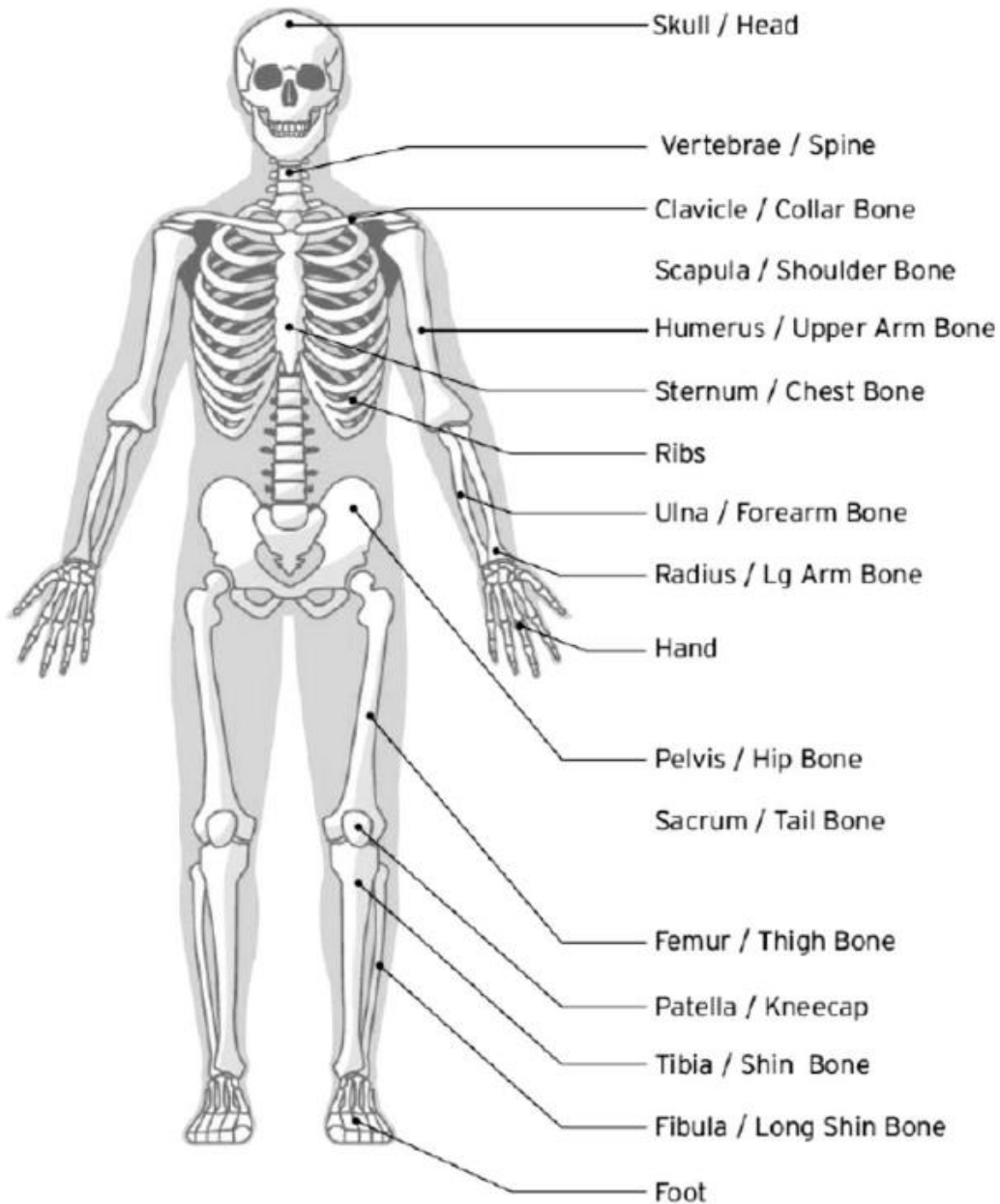
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Complete Skeleton Teacher Guide



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