

Parent Guide: Muscles, Bones, and Ligaments

Build A Hand, Q-Tip Skeletons, The Skeleton Dance

1

Build A Hand (Source: Go Science Kids)

A moveable model of a hand - your kids will have fun making this as well as playing with it!

Supplies Needed:

- craft foam
- paper straws
- tape
- white pony beads
- twine
- scissors
- chopsticks
- pen
- nail polish (optional)

Join us on our Facebook page for instructions!

2

Q-Tip Skeletons (Source: Artists Helping Children)

Spooky or friendly, you decide...create your own skeleton! What should you name it?!

Supplies Needed:

- q-tips
- printer (optional, if you don't have a printer try your hand at drawing)
- white paper
- black paper
- glue
- scissors

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3

Skeleton Dance

Visit our website for a link to a fun skeleton dance song. Get those bodies up and moving. And while you're at it take note of the movements of your body, can you feel how muscles, bones, and ligaments work together to move all those parts?