

Learn about Bones

For Preschool and Elementary Age Kids

Information and Worksheets

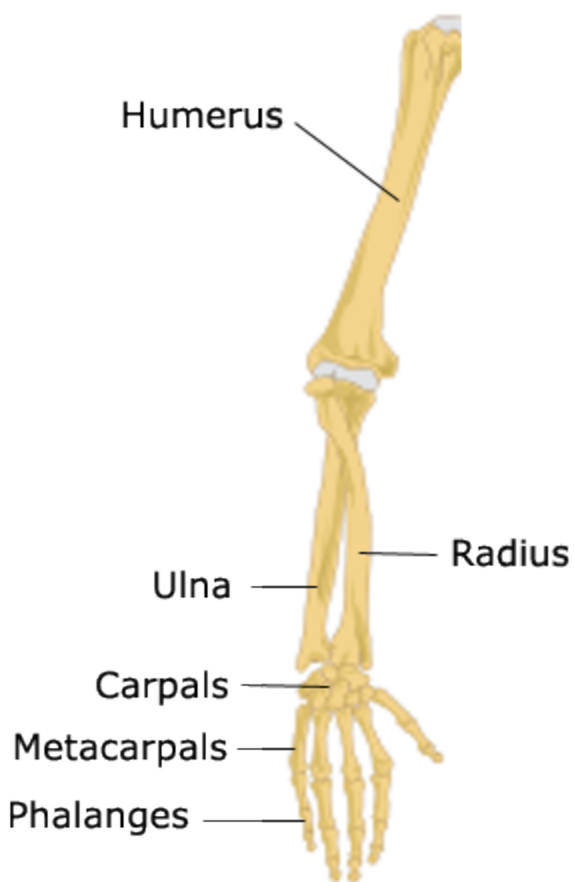


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Bones of the Arms



The top arm bone is the **Humerus**.

The lower arm has two bones: the **Ulna** and the **Radius**. The Radius is on the same side as your thumb.

The **Carpals** are the wrist bones.

The **Metacarpals** go from your wrist to the beginning of your fingers. They are basically where the palm of your hand is.

The **Phalanges** are the finger bones.

Draw a line to the correct bone:

Phalanges

Carpals

Humerus

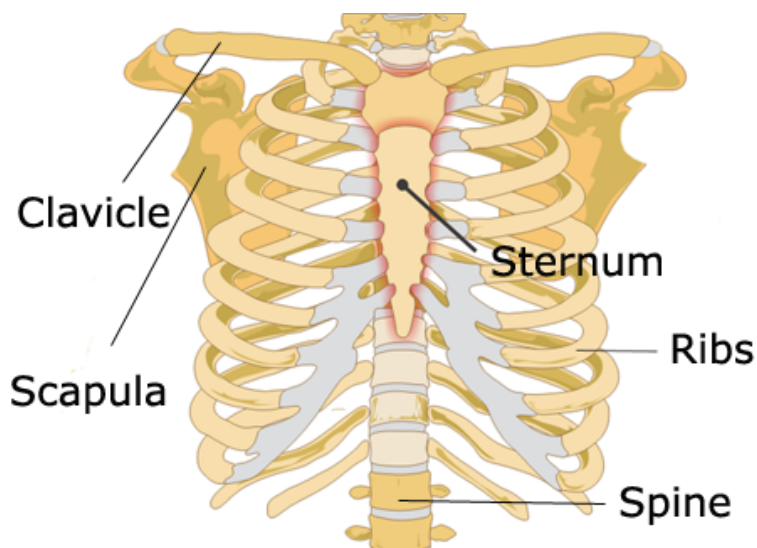
Radius

Metacarpals

Ulna



Bones of the Upper Body



The **clavicle** is also called the collar bone.

The **scapula** is a wide flat, bone.

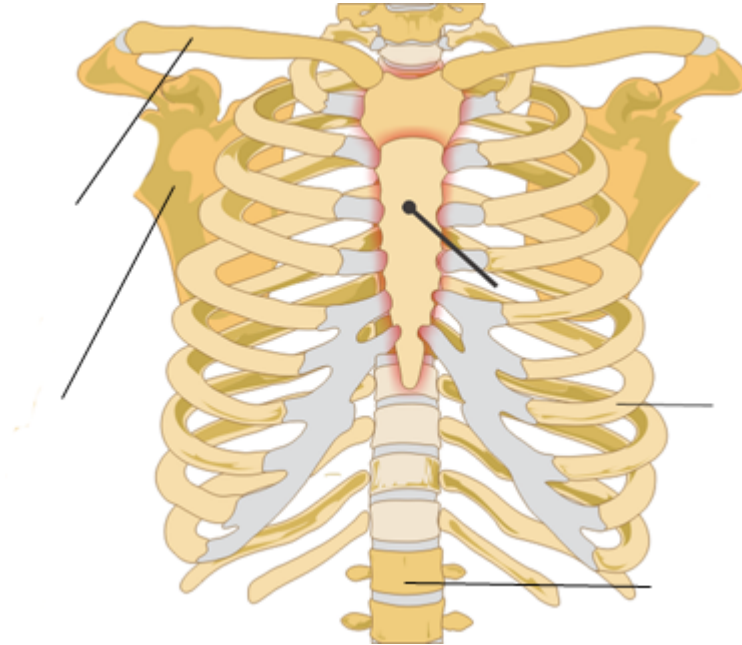
Your **ribs** protect your heart and lungs.

The **sternum** is also called the breastbone.

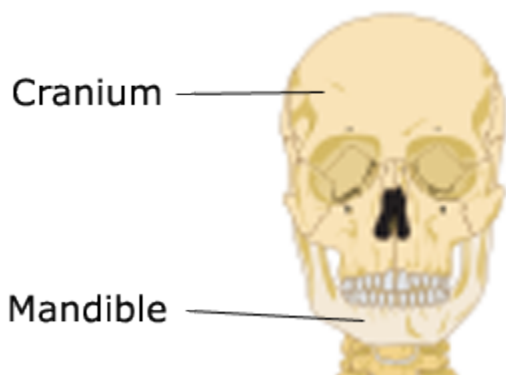
The **spine** has lots of nerves inside. Nerves connect your brain to the rest of your body. There are bones attached to the spine called vertebrae.

Draw a line to the correct bone:

- Ribs**
- Scapula**
- Sternum**
- Spine**
- Clavicle**



Bones of the Head

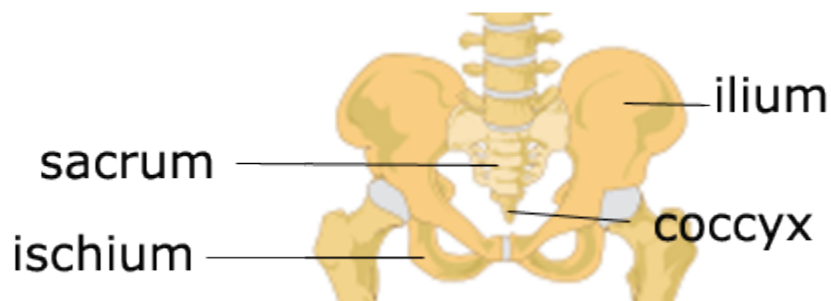


The head or skull has two main bones.

The first is the **cranium**. It protects the brain.

The second is the **mandible** or lower jaw bone.

Bones of the Pelvis



The pelvis has a few bones we will look at:

The **ilium** is the largest bone in the pelvis.

The **ischium** is at the bottom of the pelvis.

The **sacrum** is a triangle shaped bone.

The **coccyx** is also called the tailbone.

Circle the correct answer:

Your (cranium, mandible) protects your brain from injury.

You use your (cranium, mandible) when you chew.

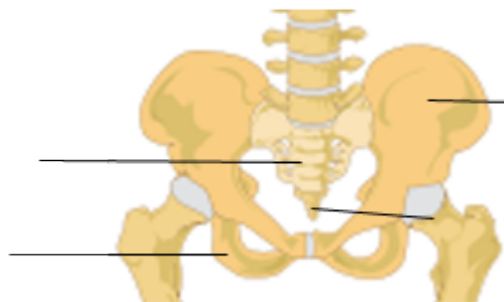
Draw a line to the correct bone:

Ilium

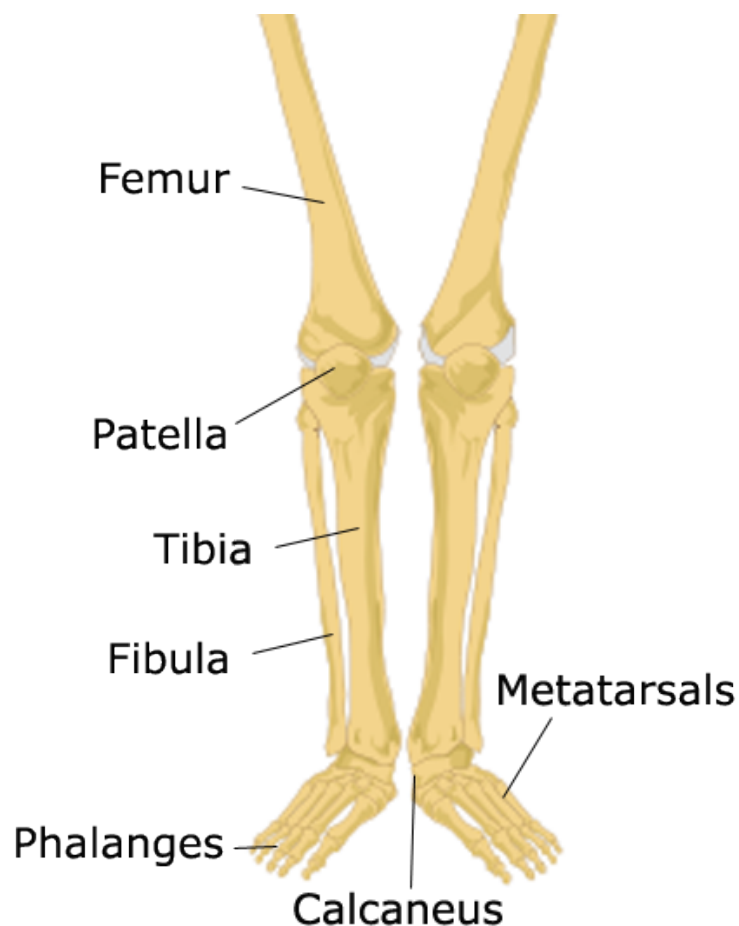
Coccyx

Ischium

sacrum



Bones of the Legs



The **femur** is the top leg bone.

The two lower leg bones are the **tibia** and **fibula**. The tibia is on the same side as your big toe.

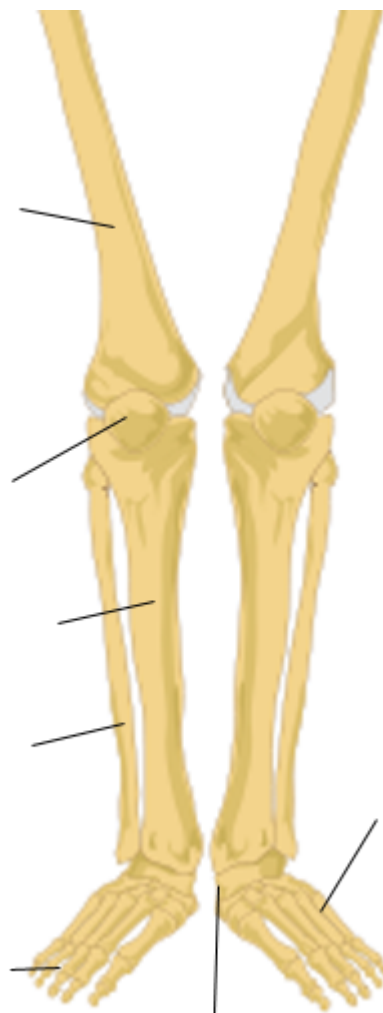
The **calcaneus** is the heel bone.

The **metatarsals** are long bones that connect your toes to the rest of your foot.

The **phalanges** are your toe bones.

Draw a line to the correct bone:

Patella
Phalanges
Fibula
Calcaneus
Metatarsals
Femur
Tibia



Draw lines to the correct bones:

