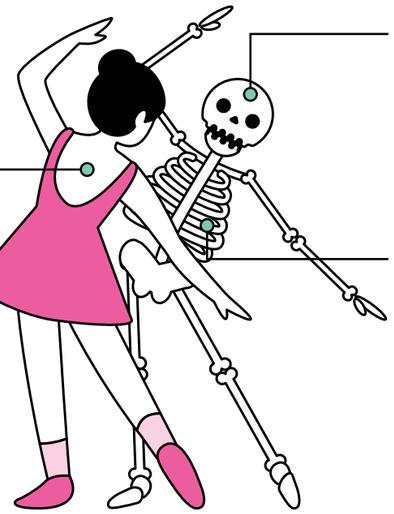
INNER BEAUTY:
BONES IN THE HUMAN BODY

Each bone in our body has a special function.

Joints are where two bones meet. Some joints are movable whereas others are not. Our movable joints allow us to be mobile and flexible. Take a look at your hands. Now, try to curl your fingers. Next, try to wrap your fingers around any object in the room. Notice how flexible your hands are? Thanks to the numerous joints in our hands, we can move them with precision and flexibility.

We can also find joints in our knees and elbows. They allow us to bend and straighten our legs and arms respectively – we call these **hinge joints**. Why? A door hinge only allows a door to open one way. If you try to bend your arms and legs right now, you will see that like a door hinge, they only bend in one direction.

Some of our bones have more protective functions.



Starting from the top, we have the **skull** which protects the brain.

The **spine**, which comprises 33 bones in total, holds your body upright. It also protects the spinal cord – a large bundle of nerves that sends information from your brain to the rest of your body.

Further down, there is the **rib cage** which protects vital organs such as our heart and lungs.

FUN FACT

Double-jointed?

People who are very flexible are sometimes described as 'double-jointed'. No, they do not actually have two joints where their elbows and knees are – that is impossible!

Someone who is double-jointed simply has hypermobile joints that allow them to stretch beyond the range of the average person.

Sources:

"Your Bones". *KidsHealth*, (n.d.), https://kidshealth.org/en/kids/bones.html. Accessed 20 April 2020.

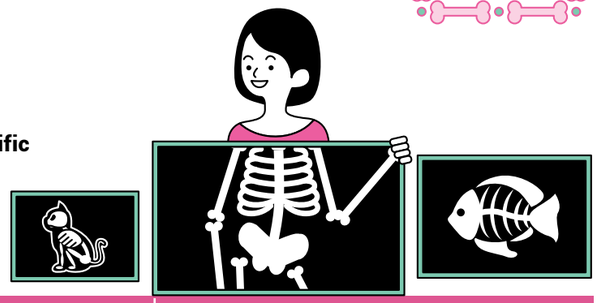
National Library Board. "Inner Beauty: Bones in the Human Body". *Tweenkerama Lab Mag*, Issue 3, October 2019, pp. 14-17

NLB | National Library Board Singapore

ACTIVITY

Odd (B)one Out

Can you guess which of these words are actual scientific names of bones? The first one has been done for you.



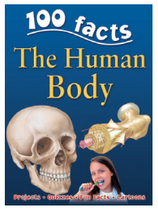
TRY THIS

Words	Is this the scientific name of a human bone? X /✓
Phalanx	✓
Clavicle	
Scapula	
Carassius auratus	
Larynx	
Tibia	
Felis catus	
Calcaneus	
Patella	
Equus ferus	

Visit *Tweenkerama* for answers to this activity!

go.gov.sg/nlb-childrenandteens

Recommended Reads

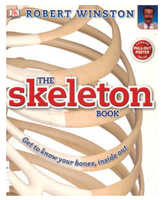


100 Facts Human Body

Author
Belinda Gallagher

Publisher
Miles Kelly, 2012.

This title is available on eReads at
eresources.nlb.gov.sg/ereads

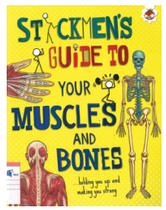


The Skeleton Book: Get to Know Your Bones, Inside Out

Authors
Alice Roberts, Ben Garrod and Robert Winston

Call No.
J 611 SKE

Publisher
Dorling Kindersley, 2016.



Stickmen's Guide to Your Muscles and Bones

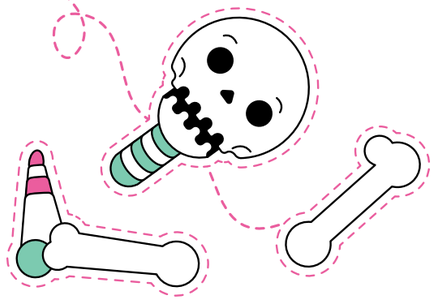
Author
John Farndon

Call No.
J 612.7 FAR

Publisher
Hungry Tomato, 2017.

POP OUT!

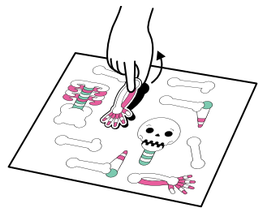
Bag of Bones

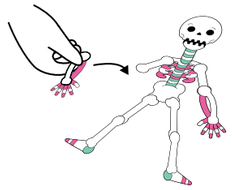


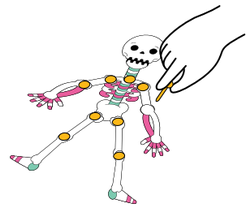
Put a human skeleton together!

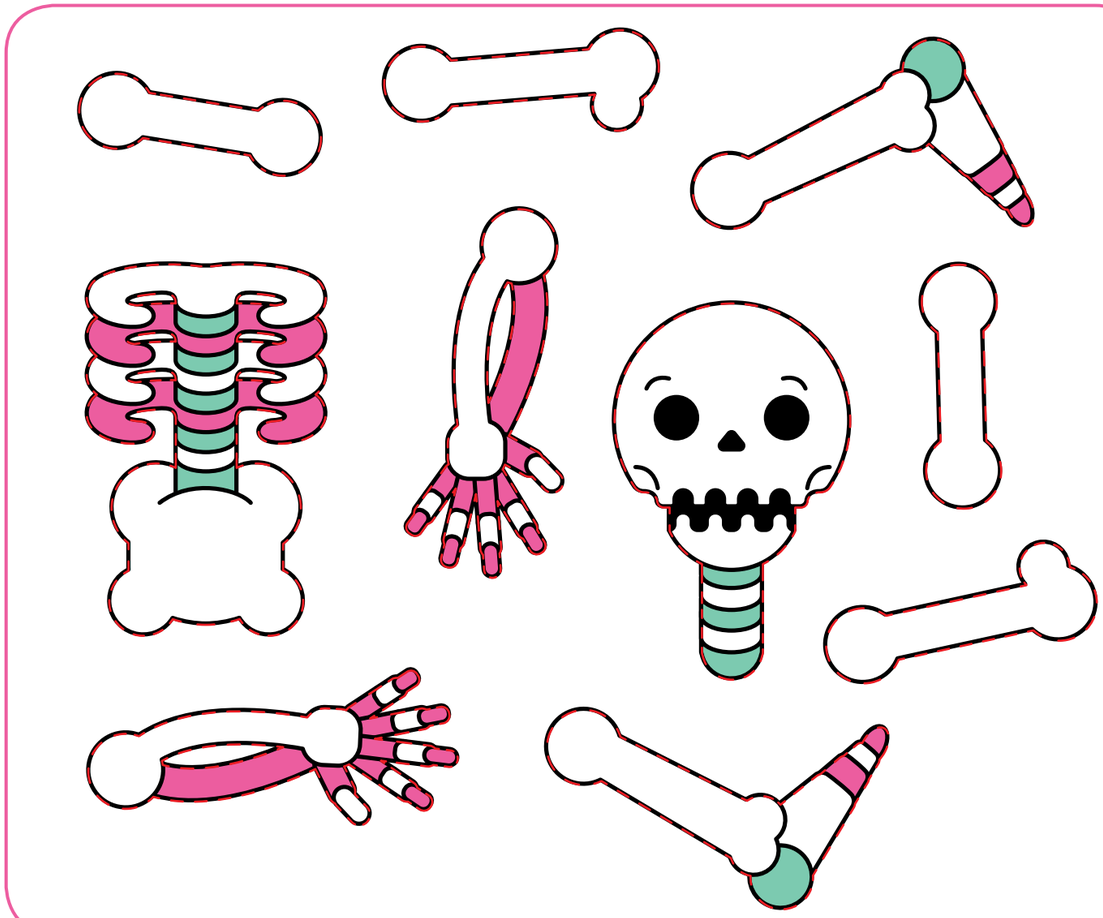
Instructions:

1. Pop the skeleton parts out along the perforated lines.
2. Assemble the bones to form a human skeleton.
3. You can use brass fasteners or double-sided tape to hold the skeleton together.









Source:

Cullen, Gabby. "Make a Slinky Skeleton Perfect for Halloween & Día de los Muertos". *Red Tricycle*, (n.d.), https://redtri.com/make-a-slinky-skeleton/slide/1. Accessed 20 April 2020.