

MY NAME IS:

## EXPLORE THE SKELETAL SYSTEM

Bend your knees. The hinge joints allow legs to bend and straighten. Can you think of a time you made this movement? Draw it here.

Ask a parent to take a picture and share!  
#tinybop



THE  
HUMAN BODY

MY NAME IS:

## EXPLORE THE SKELETAL SYSTEM

Twist and tilt your neck. The pivot joint in the neck enables the head to turn. Look to the left or right and you're using the pivot joint. Can you think of a time you made this movement? Draw it here.



Ask a parent to take a picture and share!  
#tinybop



THE  
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MY NAME IS:

## EXPLORE THE SKELETAL SYSTEM

Rotate your arm like a clock. In the shoulder, the ball-and-socket joint allows for rotation of the arm.

Can you think of a time you made this movement?

Draw it here.

Ask a parent to take a picture and share!  
#tinybop



THE  
HUMAN BODY