# Your Skeletal System



How do you describe this skeleton?

Lexile Level: 500-750

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# Your Skeletal System

Do you know what a system is? A system is a set of connected things that work together.

We all have a skeletal system inside of our bodies. It has four parts.



*A puzzle is a system.*



*There are more than 200 bones in your body.*



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# The First Part: Your Bones

Your bones are the first part. Can you imagine your body without bones?

Bones do many things. They give us shape, they help us move and they protect our organs.



*Every bone is important.*



*Organs are inside your body, too.*



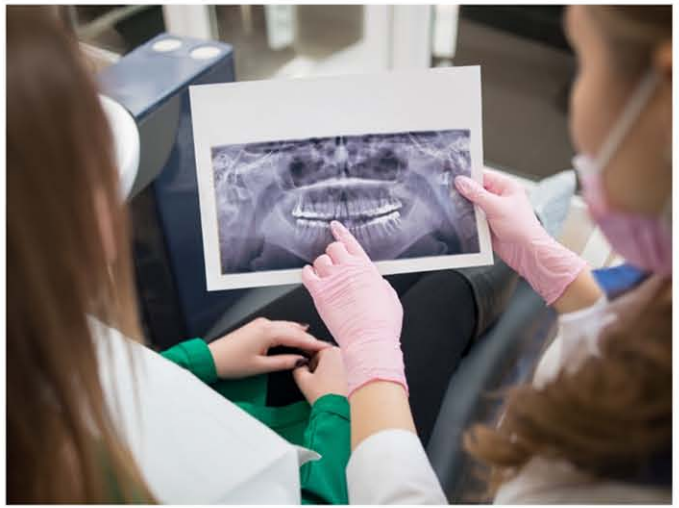
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# The Second Part: Your Teeth

Your teeth are the second part of the skeletal system. Most people have 32 teeth.

Teeth are the only part of the skeletal system that we can see. Be sure to keep this part clean!



*An x-ray takes a picture of your bones.*



*Brush your teeth twice a day.*



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# The Third Part: Your Joints

Do you know what the next part of the skeletal system is? It is your joints. Joints are where two bones connect.

Some joints let you move body parts up and down. Other joints let you move body parts all around.



*Elbows and wrists are joints.*



*Some of us have more flexible joints.*



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# The Fourth Part: Your Skull

Your skull is the fourth part of your skeletal system. It protects your brain. It acts like a helmet under the skin!

We need our brains to do everything from breathing to thinking to moving.



*Your skull is thin but hard.*



*Dogs have brains, too.*



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# Conclusion

There are four parts to our skeletal system: bones, teeth, joints and the skull. Which part do you think is the most important?

Together they make up the skeletal system. Be good to your bones. You need them!



*Show these four parts on your body.*



*Milk is good for your bones.*



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