

Hi there! Let's learn about the **femur**, which is also called the **thigh bone**. It's the big bone in the upper part of your leg, between your hip and your knee.

The femur is the longest and strongest bone in your whole body, which means it's very important! It helps you stand up, walk, run, and jump. Without it, your leg wouldn't work well.

Think of the femur like a strong tree trunk that holds everything up. It connects your hip to your knee and helps your leg move so you can play and have fun!

So next time you run or jump, remember your femur is the special bone helping you do it!