

## Introduction: Feel Your Bones! (5 mins)

Ask the student: "Can you feel some bones on the side of your chest? Gently press your fingers along your sides. What do you feel? Those hard bumps are your ribs! Today, we're going to learn all about these amazing bones that make up your rib cage."

## Activity 1: What is a Rib Cage For? (10 mins)

Show a simple diagram of the rib cage (or just point to the student's chest area). Ask: "Why do you think we have these bones here? What important things are inside our chest?" Guide the student to understand that the rib cage acts like armor, protecting soft and important organs like the heart and lungs. Compare it to a helmet protecting a head or a shell protecting a turtle. Talk about how delicate these organs are and why they need protection.

## Activity 2: Build Your Own Rib Cage! (20-25 mins)

Let's make a model!

1. Cut a long, straight strip from one color of construction paper. This will be the spine.
2. Cut out several (around 10-12) long, curved strips from another color of paper for the ribs. Make them C-shaped. (Alternatively, use pipe cleaners and bend them into C-shapes).
3. Help the student glue or tape the 'ribs' onto the 'spine'. Attach them in pairs, curving towards the front, leaving space in the middle. Explain that most ribs attach to the spine in the back and the sternum (breastbone) in the front (though you don't need to model the sternum complexly, just have them curve forward).
4. While building, count the ribs together. Mention that most people have 12 pairs (24 ribs total), but our model is just to show the idea.
5. Optional: Have the student draw simple heart and lungs shapes on another piece of paper and place the finished rib cage model over them to show protection.

## Activity 3: Ribs and Breathing (5 mins)

Ask the student to place their hands on their ribs again and take a deep breath in and out. Ask: "What do you feel happening to your ribs when you breathe?" Explain that the rib cage moves up and out when we breathe in to make space for our lungs to fill with air, and down and in when we breathe out.

## Wrap-up and Review (5 mins)

Ask review questions:

- What do we call the bones that protect our heart and lungs? (Ribs/Rib Cage)
- What is the main job of the rib cage? (To protect our organs)
- What happens to your ribs when you breathe? (They move)

Praise the student for their great work and display their rib cage model!

## Differentiation Tips:

- **Support:** Pre-cut the paper strips for the student. Focus mainly on the protection aspect.
- **Challenge:** Discuss the sternum (breastbone) and cartilage. Research how many ribs animals like snakes or dogs have. Label the parts on the model.