

## Objective

By the end of this lesson, LJ will understand the basic structure of the human body, learn about bones and their functions, and enjoy engaging activities that reinforce this knowledge.

## Materials and Prep

- Paper
- Crayons or markers
- Playdough or clay (optional)
- Access to a comfortable space for activities
- Knowledge about the human body and bones to share with LJ

## Activities

- **Bone Drawing:**

LJ will draw a simple outline of a human body on paper and then color in the bones using crayons. This will help them visualize where bones are located.

- **Bone Model Creation:**

If using playdough or clay, LJ can create their own model of a skeleton, shaping bones and putting them together to see how they fit in the body.

- **Bone Facts Game:**

Engage in a fun quiz game where LJ can ask questions about bones and the body, and you can take turns answering them. This will reinforce the learning in a playful way.

- **Movement and Bones:**

Have LJ perform different movements (like jumping or stretching) while discussing how bones help us move. This will connect physical activity with learning.

## Talking Points

- "Did you know that our body has over 200 bones? They help us stand up and move!"
- "Bones are like the house for our body; they keep everything safe inside!"
- "What do you think would happen if we didn't have bones? Let's imagine!"
- "The biggest bone in our body is called the femur. It's in our leg!"
- "Bones can heal if we get hurt, just like magic! Isn't that cool?"
- "Let's think about how we take care of our bones. What foods do you think are good for them?"