Lesson Plan: My Amazing Bones!

Subject: Science / Human Body

Age Group: 5-year-old

Time: 45-60 minutes

Materials Needed:

- Black construction paper (1 sheet)
- Q-tips (about 20-25)
- White school glue
- A simple picture or model of a human skeleton (a coloring page works perfectly)
- (Optional) A book about the human body, like "Dem Bones" by Bob Barner or "Skeleton Hiccups" by Margery Cuyler.
- (Optional) A small marshmallow or cotton ball for the "head."

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1. Learning Objectives

By the end of this lesson, the student will be able to:

- Identify the skull, ribs, and spine on their own body and on a model.
- Explain in their own words that bones help us stand up and protect our insides.
- Create a simple model of a skeleton using Q-tips.

2. Introduction: The Wobbly Jellyfish (5 minutes)

The goal here is to create a fun, physical understanding of why we need bones.

1. **Ask a silly question:** "What if people didn't have any bones? What would we be like?"
2. **Activity:** "Let's pretend we're wobbly jellyfish with no bones! Can you stand up? Let's try!" Encourage the student to wiggle and flop around on the floor like a boneless creature. Laugh and be silly with them.
3. **Connect to the concept:** "It's hard to move or stand up without bones, isn't it? Our bones are like strong poles inside our bodies that hold us up! They give us our shape."

3. Exploration: Meet the Skeleton (10 minutes)

Introduce the main functions of support and protection using simple, relatable terms.

1. **Show the skeleton picture/model.** "This is what we look like under our skin! It’s our skeleton. It's not scary; it's our amazing helper!"
2. **Function 1: Support.** "Remember how we were wobbly jellyfish? Our skeleton is a strong frame that helps us stand tall, walk, and jump!" Have the student stand up straight and tall like a soldier to feel their "strong frame."
3. **Function 2: Protection.** Point to the key parts on the picture and then have the student find them on their own body.

    - **Skull:** "This is the skull. It's like a super strong helmet for your very important brain." Have the student gently tap their head. "Can you feel your skull protecting your brain?"
    - **Ribs:** "These are the ribs. They are like a cage that keeps your heart and lungs safe." Have the student gently press on the sides of their chest to feel their ribs. "Can you feel your rib cage?"
    - **Spine:** "And this long bumpy line down the back is the spine, or backbone. It helps you stand up straight and also bend and twist!" Have the student carefully feel the bumps on their back.
4. (Optional) Read a short, engaging book about skeletons.

4. Main Activity: Build a Q-Tip Skeleton! (20 minutes)

This hands-on craft solidifies the learning in a creative, memorable way.

1. **Set up:** Lay out the black construction paper, Q-tips, and glue. Keep the simple skeleton picture nearby as a guide.
2. **Instructions:** "Now you get to be an artist and a scientist! We are going to build our own skeleton."
3. **Step-by-step guidance:**
    - "First, let's make the head, or the skull. You can use a marshmallow or just arrange some Q-tips in a circle."
    - "Next, what's that long bone that goes down the back? The spine! Let's glue one Q-tip down from the head."
    - "Now for the ribs that protect the heart. Let's add some ribs coming out from the spine." (You can break or bend Q-tips for this part).
    - "Don't forget the arm and leg bones so our skeleton can wave and dance!"
4. **Reinforce Learning:** As the student builds, ask questions like, "What part are you making now? What does the skull do?" Let them be creative—it does not need to be anatomically perfect! The process is the learning.

5. Movement Game: Bone-y Simon Says (5 minutes)

Connect the concepts back to the student's own body through a fun, active game.

1. **Play "Simon Says" using bone names:**
    - "Simon says touch your skull."
    - "Simon says wiggle your spine."
    - "Simon says gently tap your ribs."
    - "Simon says wave your arm bones."
    - "Simon says stomp your leg bones."

6. Conclusion & Assessment (5 minutes)

Review the key ideas in a simple, conversational way.

1. **Admire the craft:** Hold up the Q-tip skeleton. "You did such a great job building your skeleton!"
2. **Ask recap questions:**
    - "Can you point to the skull on your skeleton?"
    - "What is one important job our bones do for us?" (Prompt if needed: "Do they help us stand up or protect our heart?")
    - "Why are you glad you're not a wobbly jellyfish?"
3. **Praise and closure:** "Our bones are amazing! They work hard every day to help us run, play, and

stay safe. Great work learning about your skeleton today!"

Differentiation & Extension Ideas

- **For Support:** If the craft is too complex, pre-draw a simple skeleton outline in pencil on the black paper for the student to trace over with glue and Q-tips.
- **For Extension:** Introduce more bone names like the femur (thigh bone) or humerus ("funny bone" in the arm). Talk about joints and how they help us bend our knees and elbows. You could even look at simple animal skeletons online to compare them to a human skeleton.