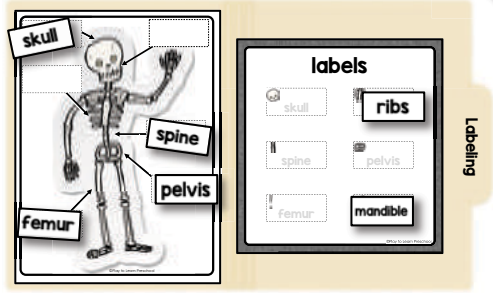


All About BONES



✓ LESSON PLANS

✓ GUIDING QUESTIONS

✓ INVESTIGATIONS



Planning Page - All About Bones

Healthy Bodies Unit - Lesson 4

Recommended Supplies:

- plastic dry erase markers
- wrapping tape
- reference posters
- toy foods
- pocket chart
- file folder

Learning Objectives:

- The students will use new vocabulary.
- The students will demonstrate an understanding of prior concepts.
- The students will answer questions.
- The students will sort objects by property.

Hands-on Learning

Children are intrinsically curious. They ask questions, love to explore, and learn best with hands-on learning. In the preschool classroom, it is important to work to ensure they are healthy.

Did you know?

The human body is made up of bones. They are as strong as a child's arm and hold the body together. There are 206 bones in the human body. The bones in the feet are the smallest bones in the body. The femur is the longest bone in the body. The skull is the only bone in the body that does not move. The ribs are the only bones that do not touch any other bones.

Guiding Questions - All About Bones

Healthy Bodies Unit - Lesson 4

Can you feel any bones in your body? Where?

Activating prior knowledge and allowing students to talk about and feel the bones in their body prior to a lesson is a great way to encourage curiosity.

How can you keep your bones healthy?

Some foods make up the framework of our bodies. It is important to work to ensure they are healthy.

What do bones do?

Protection - Bones are the internal framework of our bodies. They are like a cage to protect the soft organs inside us.

Support - Bones have a substance called marrow in the center marrow makes blood cells, carry oxygen, and nutrients different parts of the body.

Sorting - All About Bones

Healthy Bodies Unit - Lesson 4

What foods are good for your bones?

Eating right and exercising are ways that we can keep our bones strong and healthy. In this center, students investigate the different foods that are good for their bones.

Learning Objectives:

- The students will identify foods that are good for their bones.
- The students will demonstrate an understanding that eating foods rich in calcium helps the body grow and be healthy.

Recommended Supplies:

- toy foods
- pocket chart
- food name

Procedure:

- Place the 3-page food sort and/or cards flat on a table or at the top of a pocket chart.
- Include a variety of toy foods for children to sort. These should include foods rich in calcium - like milk, yogurt, nuts, green vegetables, etc. - as well as junk foods.
- Students select a food item and determine if the food is good for their bones or not and place under the appropriate heading.

*Picture items are included to sort in a pocket chart if toy foods are not available.

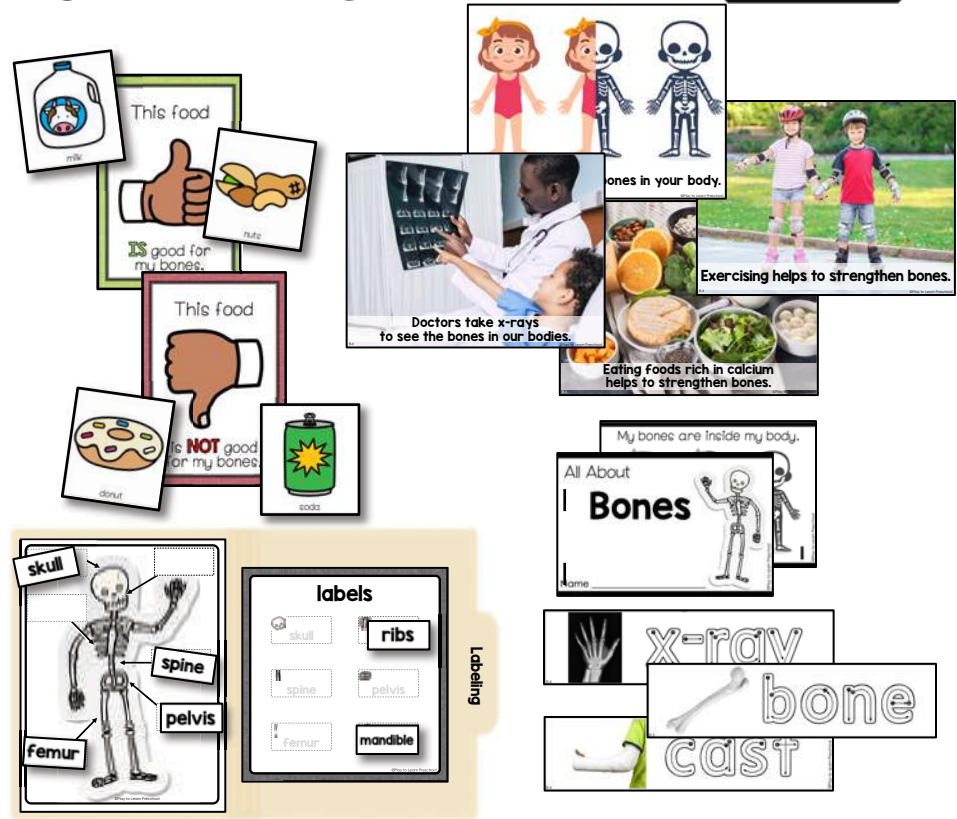


All About Bones

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Human Body
Lesson #4

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Planning Page - All About Bones

Recommended Supplies:

- identify my skeleton
- understand directions
- write sentences
- my books
- the ruler

Hands-on Learning

Children are introduced to bones. They ask questions, look to explore, and learn basic facts about bones. In the practical classroom, it is designed to provide a hands-on experience for children to explore the bones in their bodies by exploring the skeleton that may appear in their bodies.

What do bones do?

Procedure: - Explore the skeleton framework of our bodies. They are to be a group to produce the "all about bones" book.

Home: - Discuss the bones that make up the skeleton. They are to be a group to produce the "all about bones" book.

What happens if you break a bone?

Procedure:

1. Place a small food cart on a table or on the top of a plastic chair.
2. Observe the cart as it moves from side to side. These should include the cart in its motion. Let the cart go, and watch it stop. It will stop on its own.
3. Place a small food cart on a table and observe it. The cart will stop on its own. It will stop on its own.

Labeling a Picture - All About Bones

Can you label the picture?

Learning Objectives:

- The students will understand the importance of labeling.
- The students will understand the importance of labeling.
- The students will understand the importance of labeling.

How can you keep your bones healthy?

Procedure:

1. Place a small food cart on a table or on the top of a plastic chair.
2. Observe the cart as it moves from side to side. These should include the cart in its motion. Let the cart go, and watch it stop. It will stop on its own.
3. Place a small food cart on a table and observe it. The cart will stop on its own. It will stop on its own.

Poll - All About Bones

Have you ever broken a bone?

Learning Objectives:

- The students will understand the importance of labeling.
- The students will understand the importance of labeling.
- The students will understand the importance of labeling.

What foods are good for your bones?

Learning Objectives:

- The students will understand the importance of labeling.
- The students will understand the importance of labeling.
- The students will understand the importance of labeling.

Recommended Supplies:

- milk
- fruit
- vegetables
- bread
- meat
- eggs
- cheese
- yogurt
- nuts
- seeds
- beans
- lentils
- chickpeas
- tofu
- tempeh
- miso
- soy sauce
- rice
- pasta
- cereal
- oatmeal
- granola
- trail mix
- popcorn
- pretzels
- crackers
- chips
- nuts
- seeds
- beans
- lentils
- chickpeas
- tofu
- tempeh
- miso
- soy sauce
- rice
- pasta
- cereal
- oatmeal
- granola
- trail mix
- popcorn
- pretzels
- crackers
- chips

Book Recommendations - All About Bones

My Amazing Bones and Skeleton

Learning Objectives:

- The students will understand the importance of labeling.
- The students will understand the importance of labeling.
- The students will understand the importance of labeling.

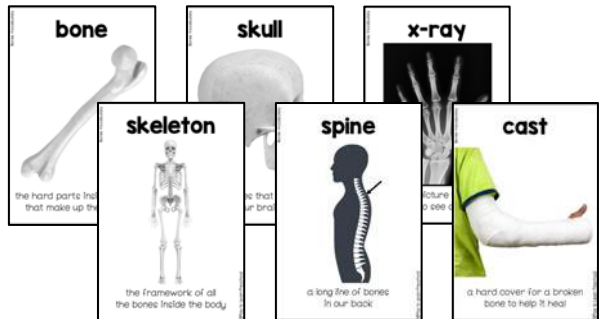
The Skeleton Inside You

Learning Objectives:

- The students will understand the importance of labeling.
- The students will understand the importance of labeling.
- The students will understand the importance of labeling.

Bones Language Board

bone, skeleton, skull, spine, x-ray, cast



Planning Page - All About Bones

Human Body Unit - Lesson 4

Recommended Supplies:

- plastic toy skeletons
- reference posters
- pocket chart
- wrap bandages
- toy foods
- file folder

Learning Objectives:

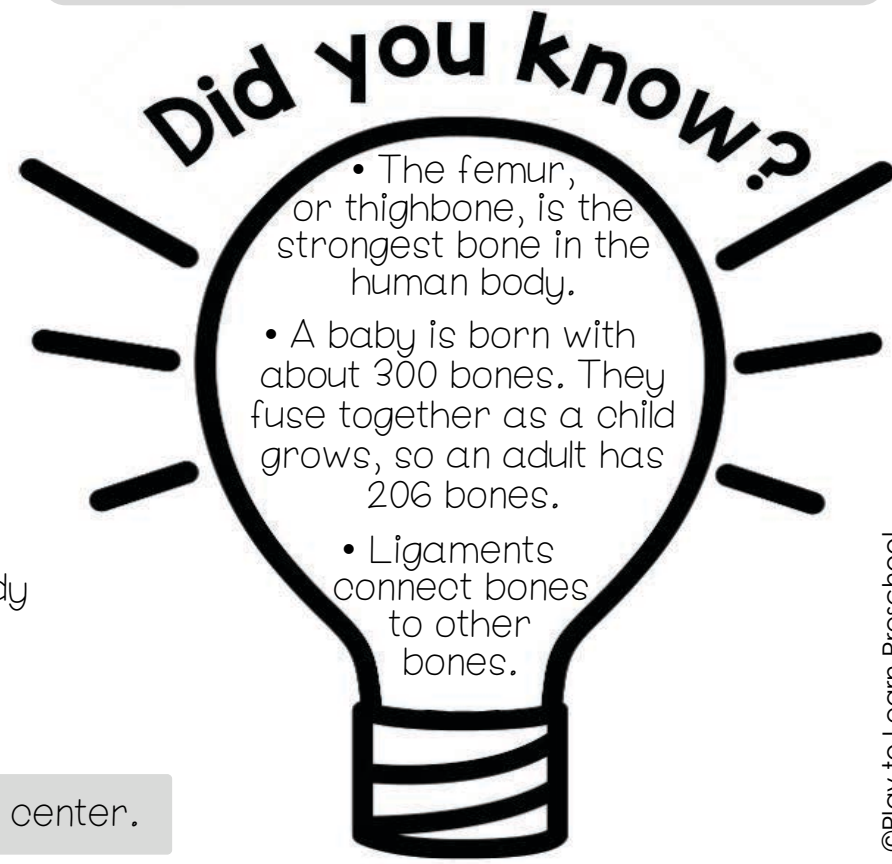
- The students will use new vocabulary.
- The students will demonstrate an understanding of print concepts.
- The students will answer questions.
- The students will sort objects by property.

Hands-on Learning

Children are instinctually curious. They ask questions, love to explore, and learn best with hands-on learning. In the preschool classroom, it is always preferred to include real-life materials whenever possible. Within this center, that may include toy replicas of skeletons or different types of bones.

While exploring bones, students can:

- develop language to identify the bones in their body
- recognize foods that make bones stronger
- apply previous experiences to new concepts



**Use as many real-life items as possible in the science center.

Guiding Questions - All About Bones

Human Body Unit - Lesson 4

Can you feel any bones in your body? Where?

Activating prior knowledge and allowing students to talk about and feel the bones in their body prior to a lesson is a great way to encourage curiosity.



What do bones do?

Protection – Bones are the internal framework of our bodies. They are like a cage to protect the soft organs inside us.



Movement – Bones and muscles work together to hold our body upright and help us move.

Blood Cells – Bones have a substance called *marrow* in the center. Bone marrow makes blood cells, which carry oxygen and nutrients to different parts of the body.



How can you keep your bones healthy?

Since bones make up the framework of our bodies, it is important to work to ensure they are healthy.

Foods – Eat a well-balanced diet that includes foods rich in calcium, like milk, nuts, or dark green vegetables.

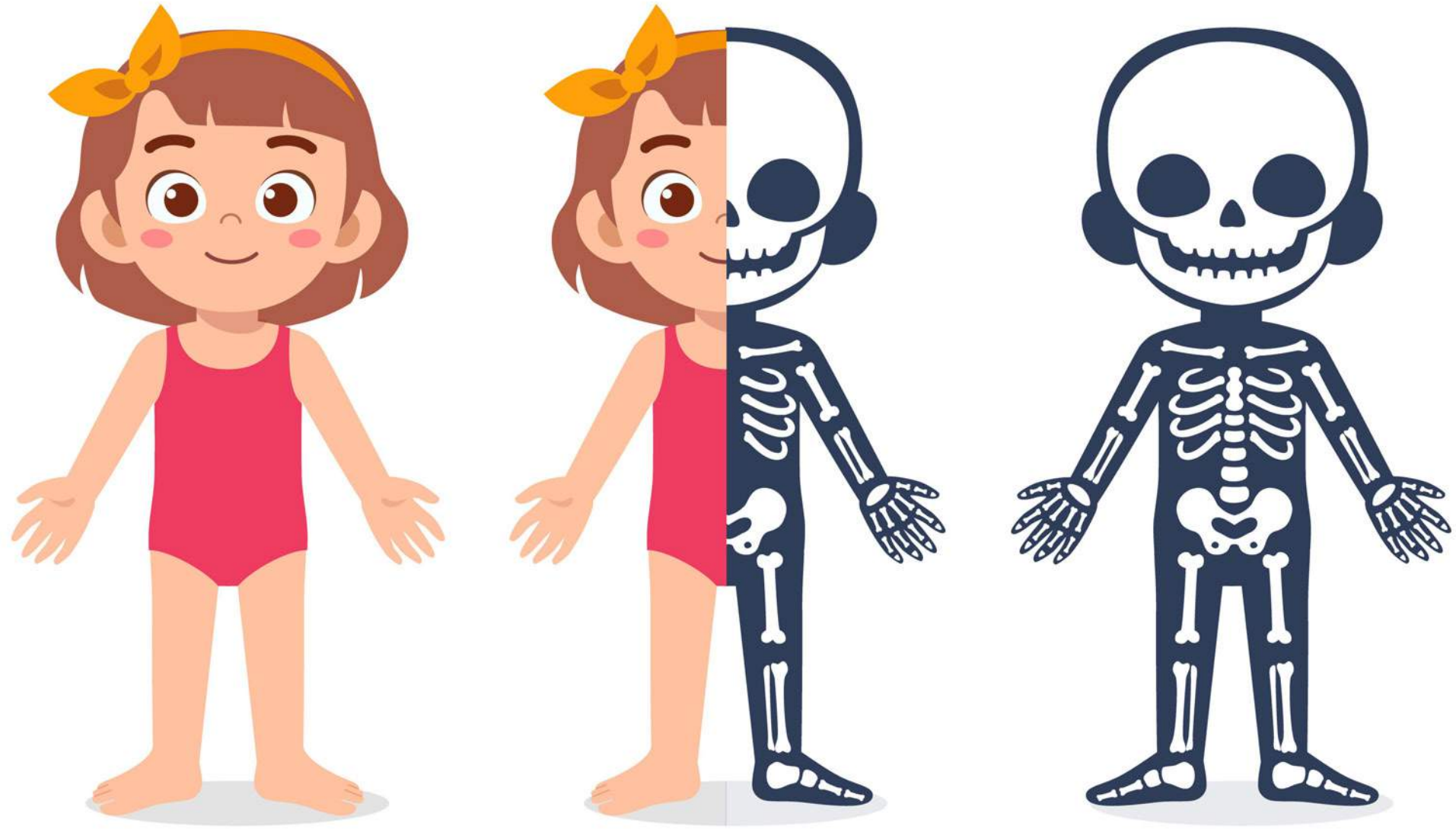


Exercise – Get plenty of physical activity. Doing things like running, climbing, or lifting can help keep your bones healthy.

What happens if you break a bone?

If you break a bone, a doctor will put a cast, splint, or sling on that part of your body. Your body will then work to make new tissue inside your body, surrounding the broken bone. This tissue helps the bone join back together. How amazing is that?!





There are over 200 bones in your body.



Exercising helps to strengthen bones.



Eating foods rich in calcium helps to strengthen bones.



**Doctors take x-rays
to see the bones in our bodies.**

bone



the hard parts inside the body
that make up the skeleton

skeleton



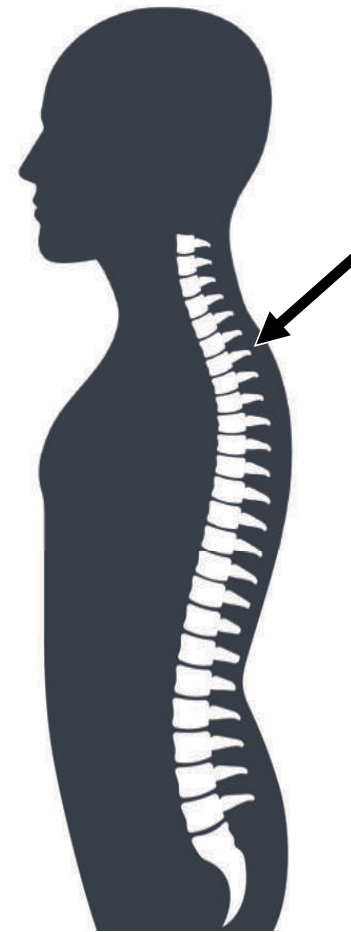
the framework of all
the bones inside the body

skull



the bones that
protect our brain

spine



a long line of bones
in our back

x-ray



a special picture that allows doctors to see our bones

cast



a hard cover for a broken bone to help it heal



b o n e

8.4



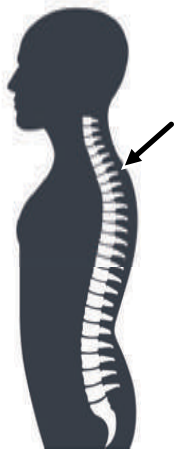
s k e l e t o n

8.4



s k u l l

8.4



s p i n e

8.4



x - r a y

8.4



c a s t

8.4

Name _____



I can write the word "bone."

b o n e

b o n e

b o n e

b o n e

b o n e

b o n e

Bones Language Board



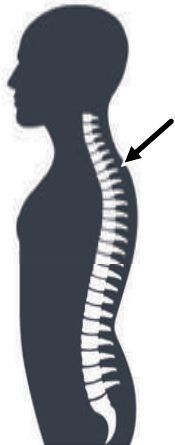
bone



skeleton



skull



spine

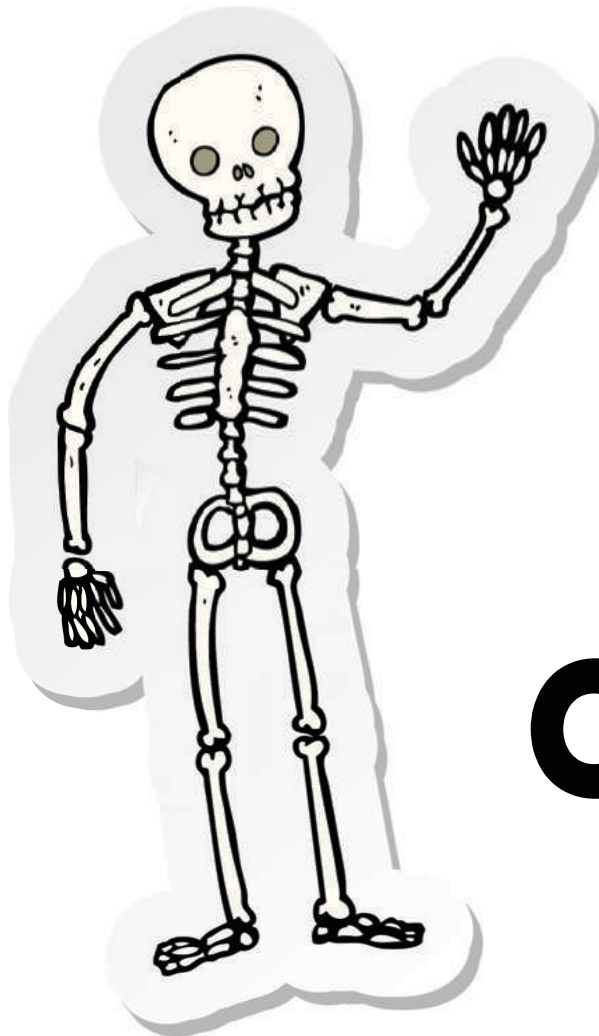


x-ray



cast

Focus
Question



Can you
label the
bones in
our body?

Labeling a Picture - All About Bones

Human Body Unit - Lesson 4

Can you label the picture?

Students gain understanding of concept of word through daily experience with reading. They learn that print shows meaning and illustrations help them to understand what the words mean. Develop emergent scientific reading skills with this labeling a picture center.

Learning Objectives:

- The students will demonstrate an understanding of print concepts.

Recommended Supplies:

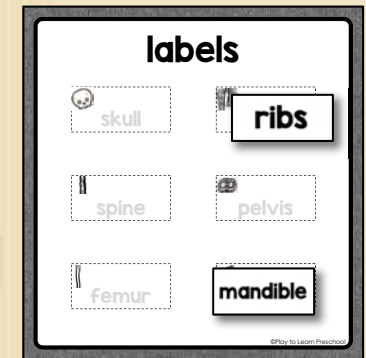
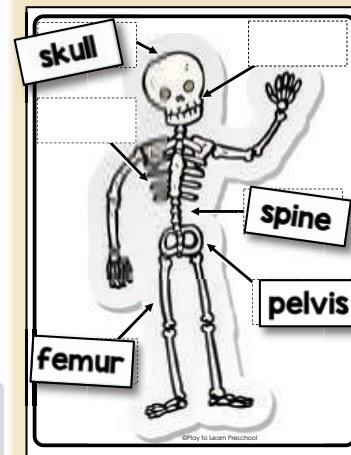
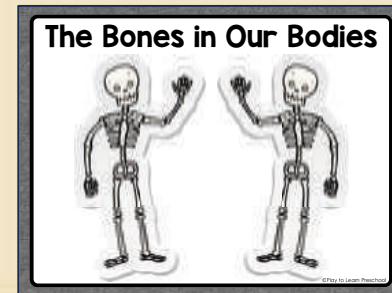
- file folder
- copies of labeling pages
- hook & loop circle dots
- toy skeleton

Procedure:

1. Cut, copy, and laminate the pages. Cut apart the individual labels. Affix the cover to the front of a file folder, and the labeling pages inside the folder.
2. Apply hook & loop circle dots to the "labels" page and the back of each label. Store the labels on the "labels" page when not in use.
3. Students read the label using the picture clues, then attach the label to the appropriate place on the skeleton picture.

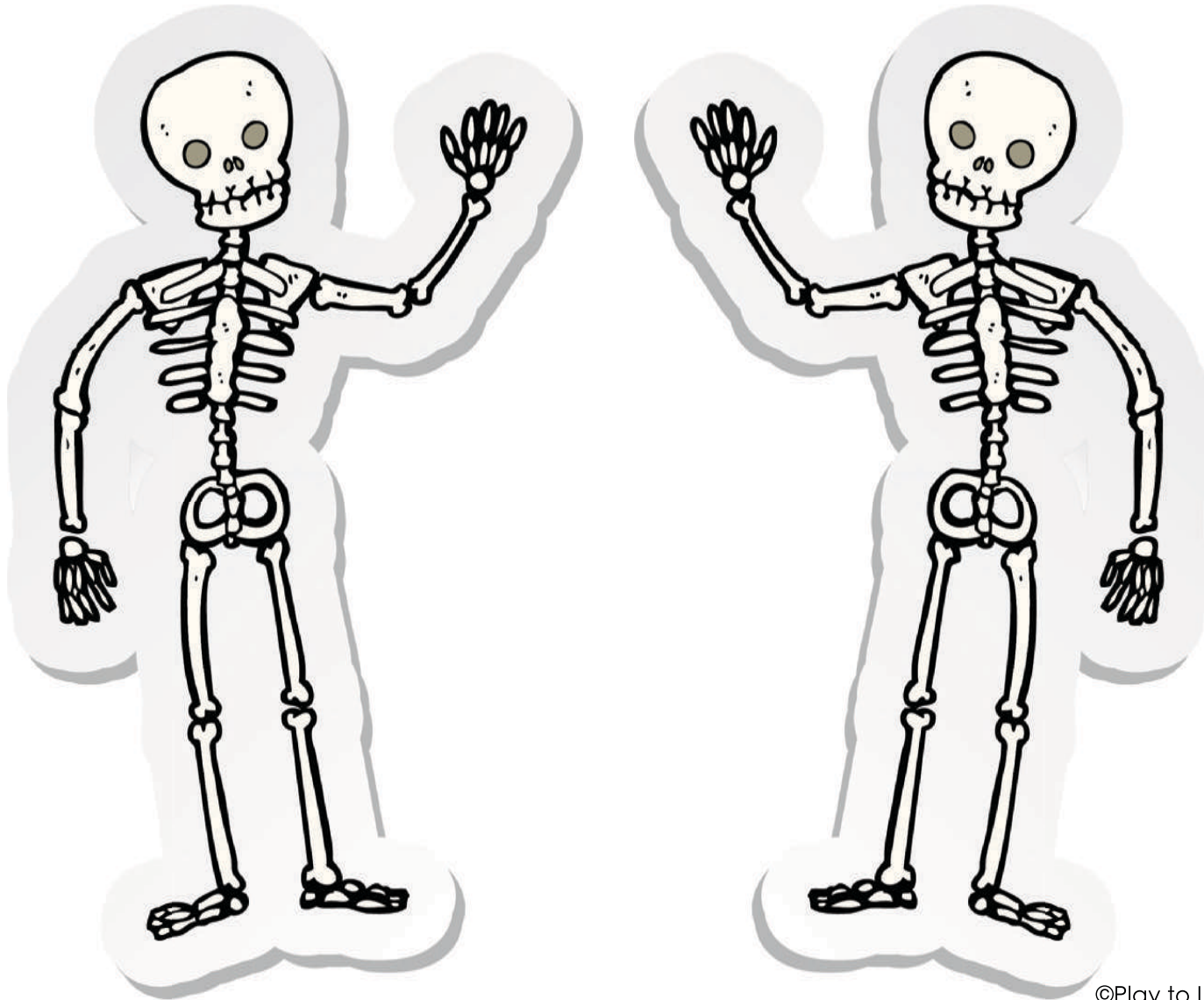
Extend the Learning: Provide a great addition to this science center with a 3-D toy skeleton model for students to explore.

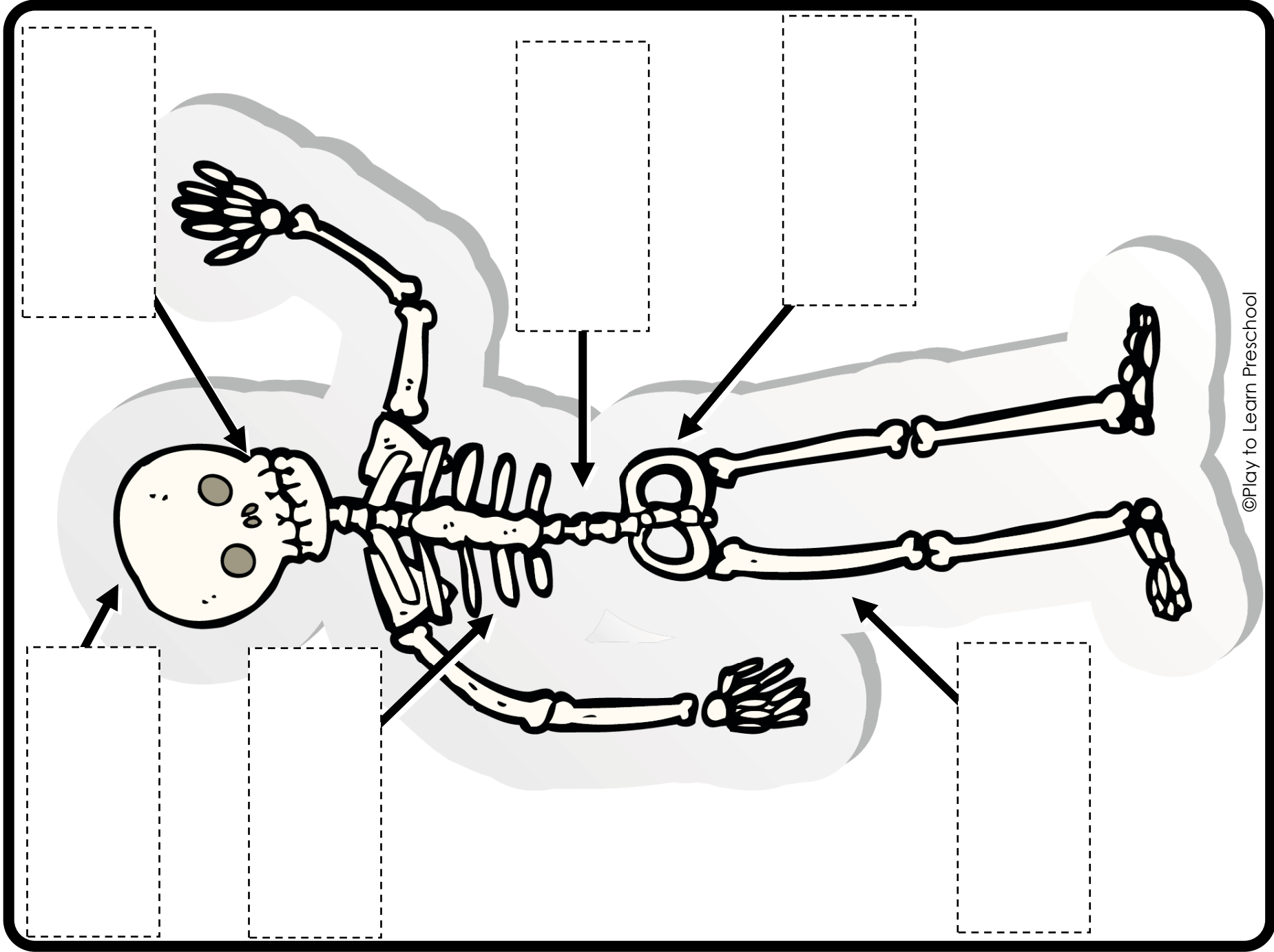
Labeling



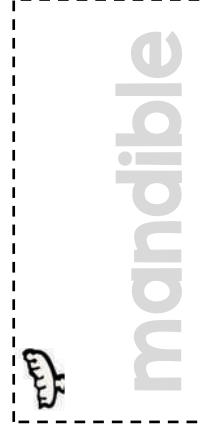
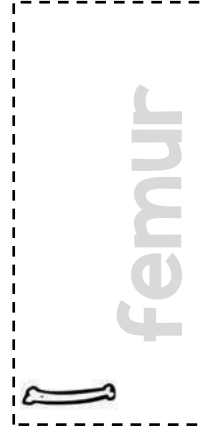
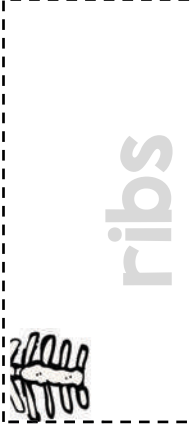
Labeling

The Bones in Our Bodies





labels



skull

ribs

spine

pelvis

femur

mandible

Poll - All About Bones

Human Body Unit - Lesson 4

Have you ever broken a bone?

Setting up a poll station at the science center can help students activate prior knowledge. The ability to voice their experiences helps to promote self-esteem and self-worth.

Learning Objectives:

- The students will express themselves using words and sentences.

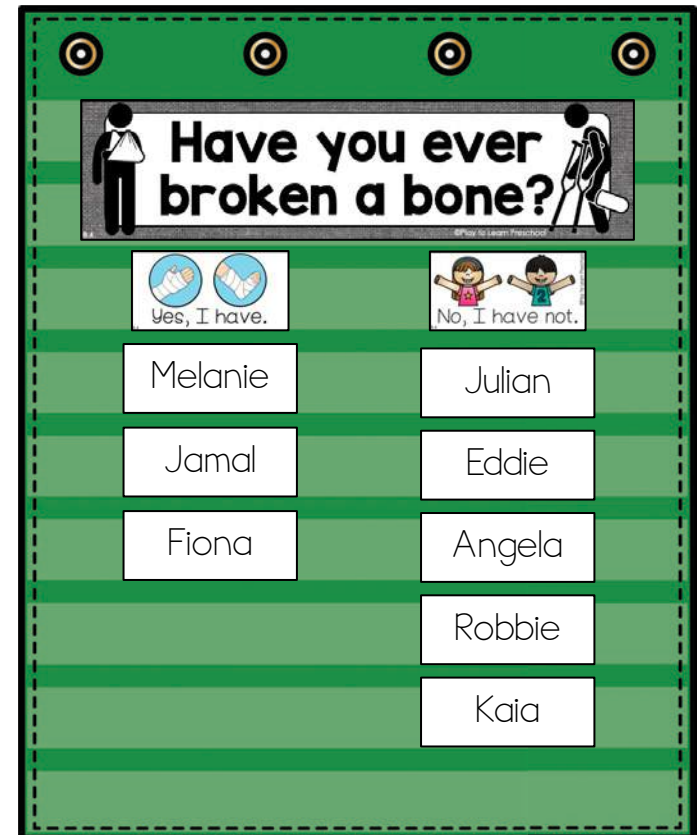
Recommended Supplies:

- poll labels
- pocket chart
- student name cards (index cards work great)

Procedure:

- Print, cut, and mat the class poll labels then place them on a pocket chart.
- Write the students names on strips of paper or index cards and place in a basket.
- The students find their name card and place it on the chart to indicate if they ever broke a bone.

Extend the Learning: Provide wrap bandages and set up a small doctor's office dramatic play center. Students can make casts on their arms or legs using the bandages.





Have you ever broken a bone?



8.4

©Play to Learn Preschool



Yes, I have.

8.4



No, I have not.

8.4

©Play to Learn Preschool

Sorting - All About Bones

Human Body Unit - Lesson 4

What foods are good for your bones?

Eating right and exercising are ways that we can keep our bones strong and healthy. In this center, students investigate the different foods that are good for their bones.

Recommended Supplies:

- toy foods
- pocket chart
- food cards

Procedure:

1. Place the ½ page food sort anchor cards flat on a table or at the top of a pocket chart.
2. Include a variety of toy foods for children to sort. These should include foods rich in calcium – i.e. milk, yogurt, nuts, green vegetables, etc. – as well as junk foods.
3. Students select a food item and determine if the food is good for their bones or not and place it under the appropriate heading.

Learning Objectives:

- The students will identify foods that are good for their bones.
- The students will demonstrate an understanding that eating foods rich in calcium helps the body grow and be healthy.



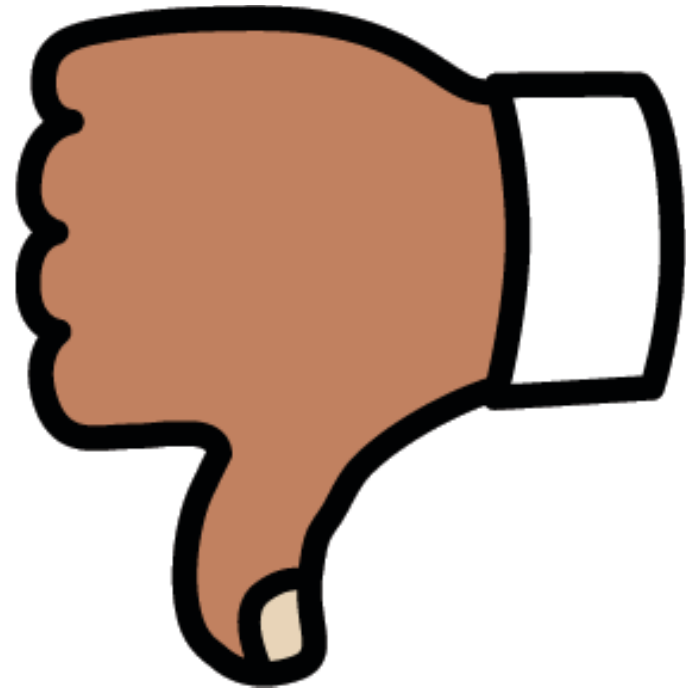
*Picture cards are included to sort in a pocket chart if toy foods are not available.

This food

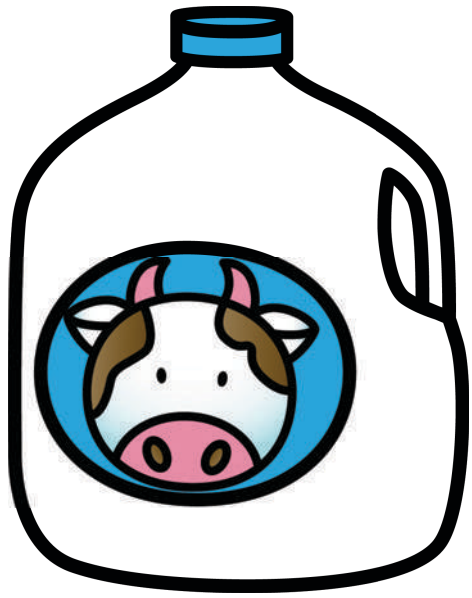


IS good for
my bones.

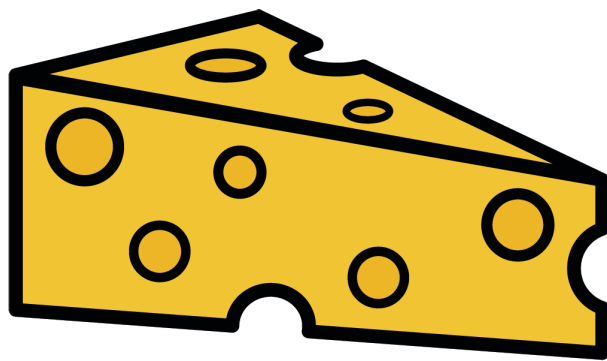
This food



is **NOT** good
for my bones.



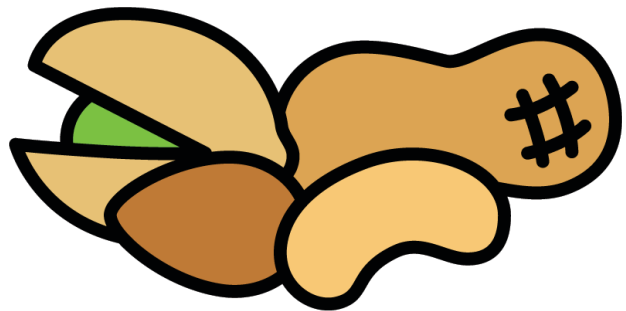
milk



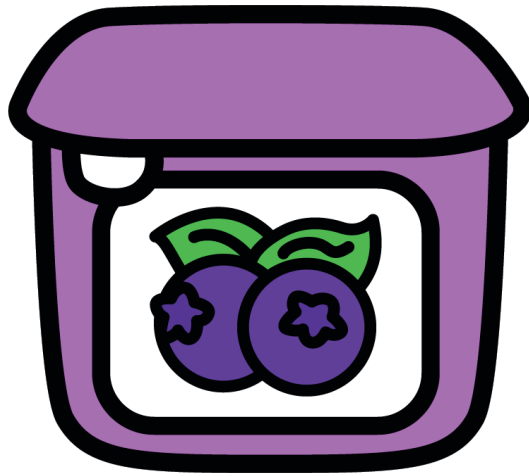
cheese



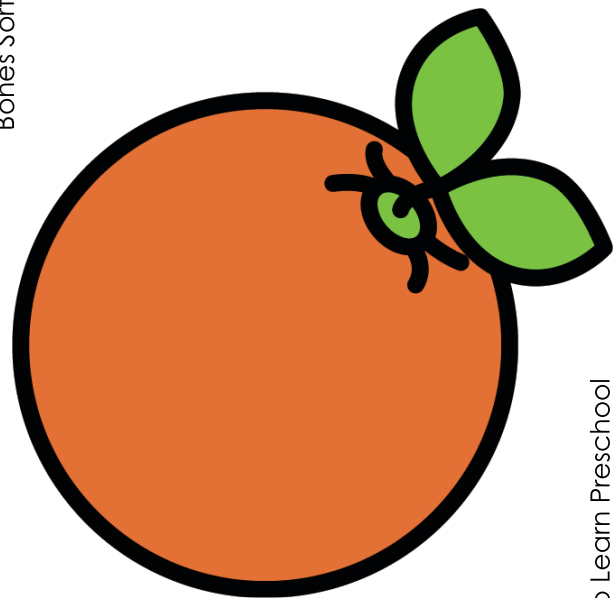
broccoli



nuts

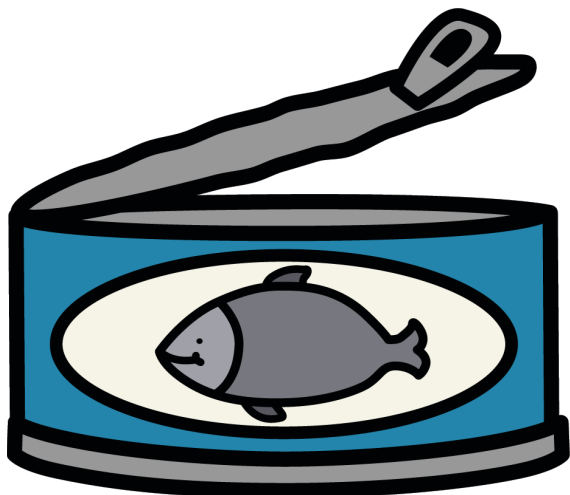


yogurt



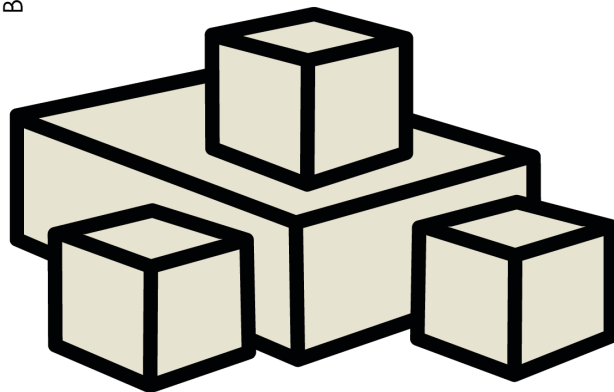
orange

Bones Sort



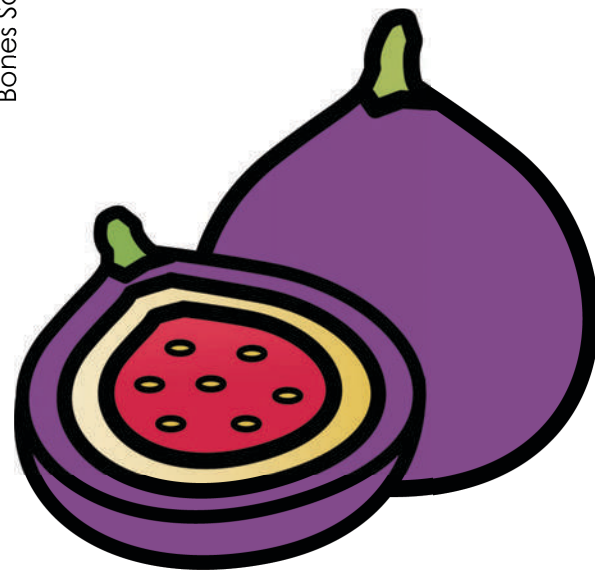
tuna fish

Bones Sort



tofu

Bones Sort



fig

Bones Sort



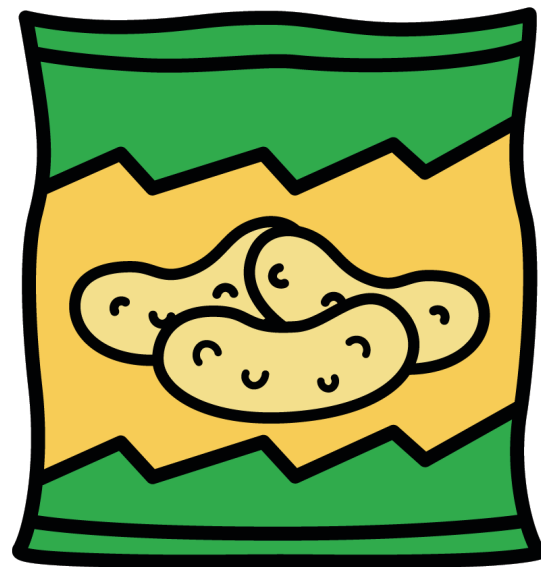
cupcake

Bones Sort



French fries

Bones Sort



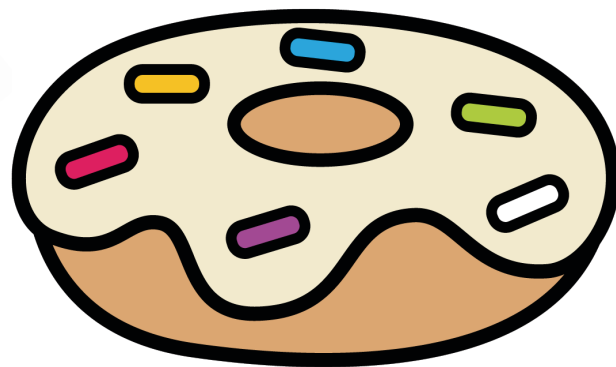
chips

Bones Sort



chocolate

Bones Sort



donut

Bones Sort



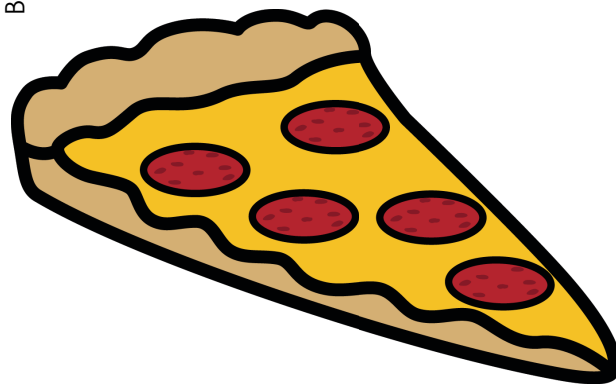
soda

Bones Sort



ice cream

Bones Sort



pizza

Bones Sort



cotton candy

All About
Teeth



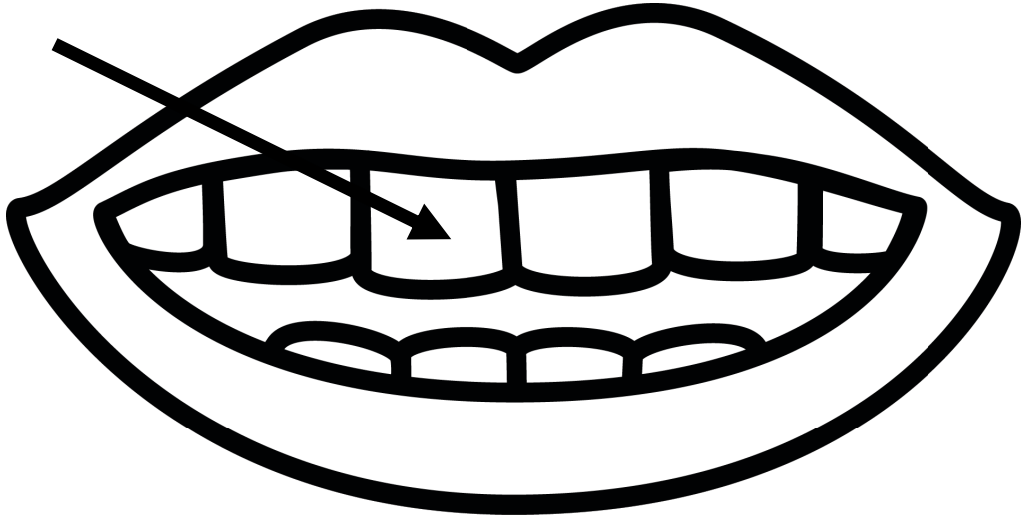
Name _____

All About
Teeth

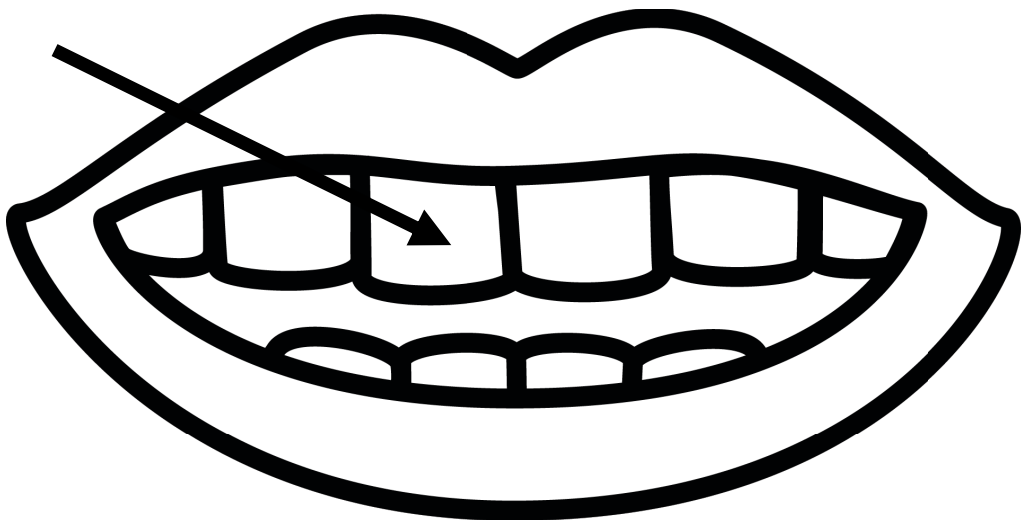


Name _____

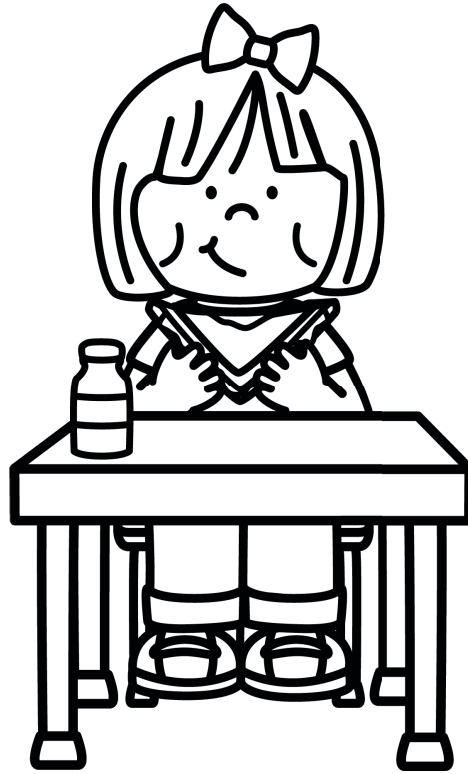
Teeth are in your mouth.



Teeth are in your mouth.



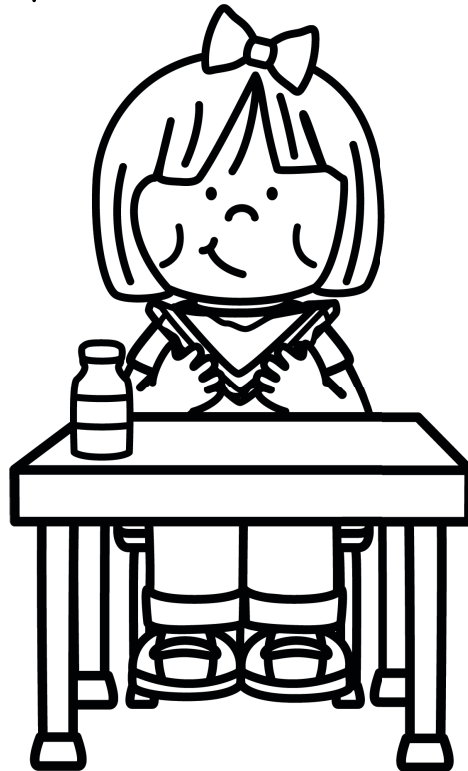
Teeth help us chew our food.



2

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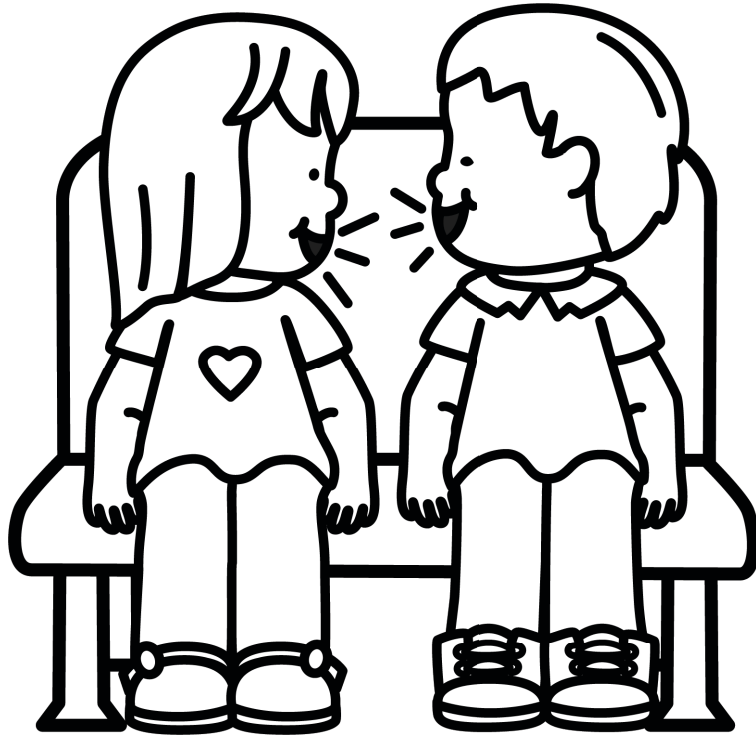
Teeth help us chew our food.



2

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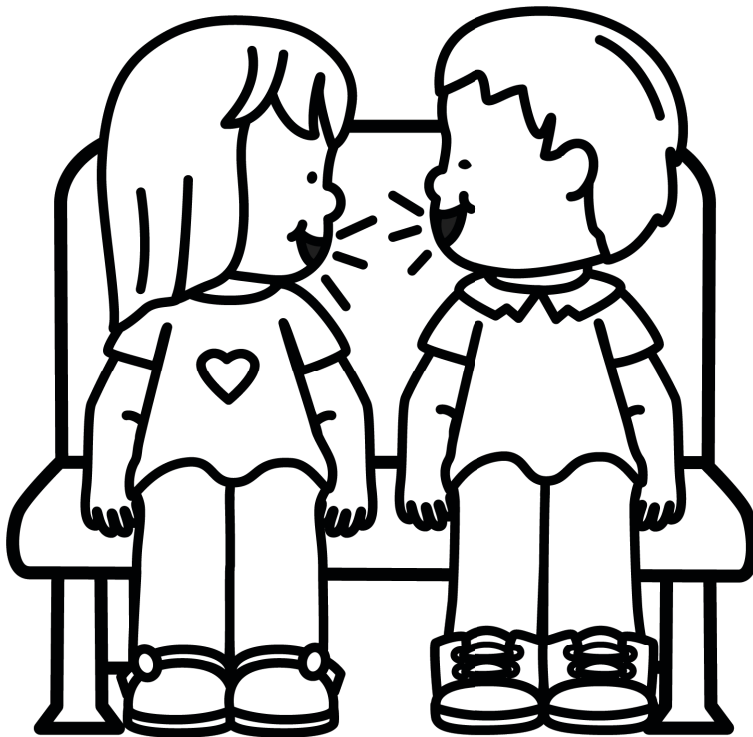
Teeth help us talk.



3

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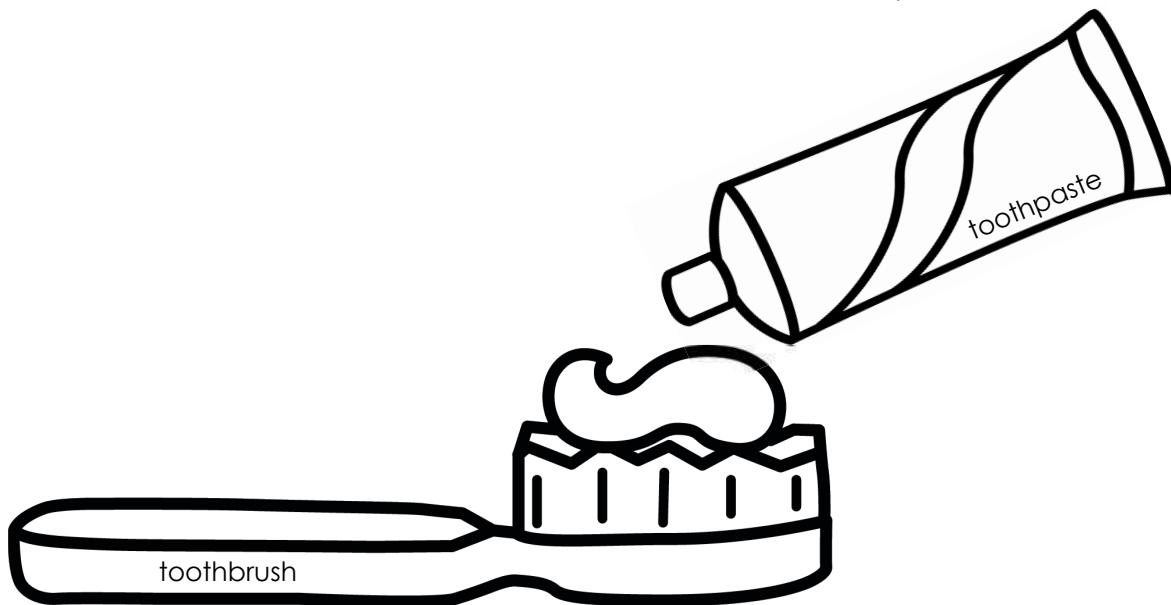
Teeth help us talk.



3

©Play to Learn Preschool

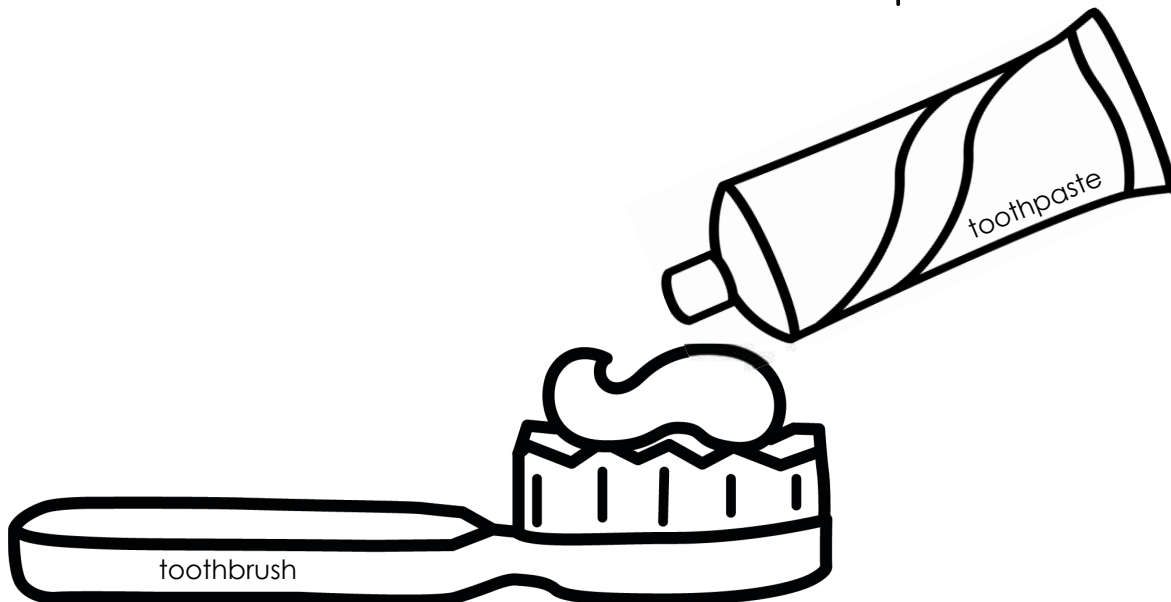
We clean our teeth with a toothbrush and toothpaste.



4

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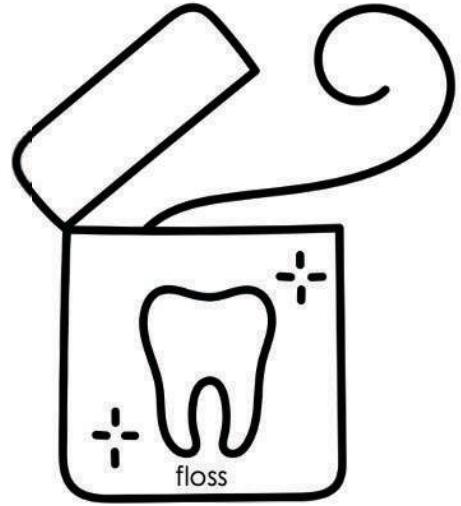
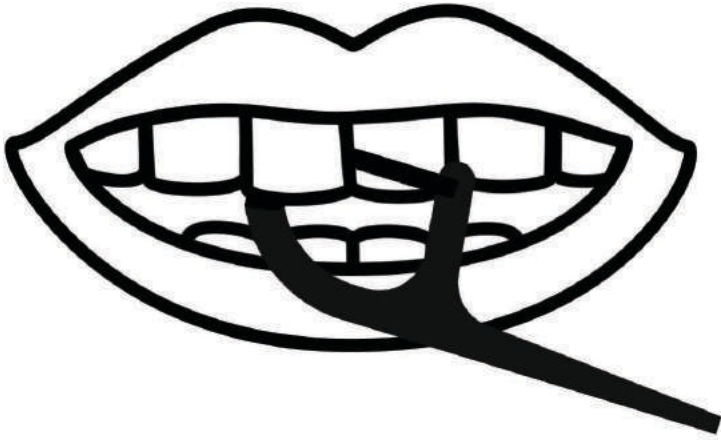
We clean our teeth with a toothbrush and toothpaste.



4

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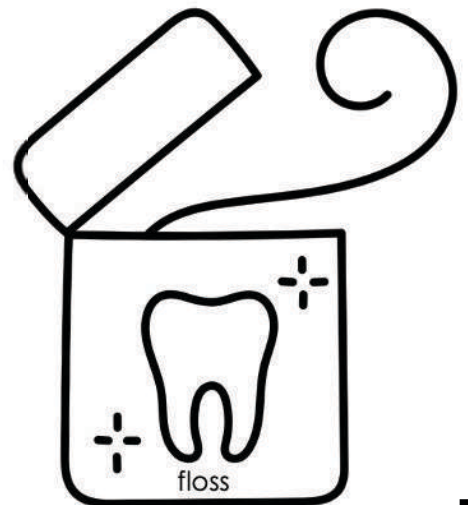
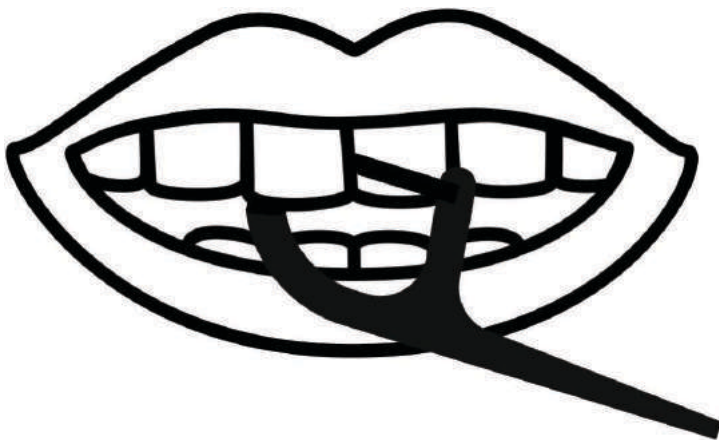
We clean between our
teeth with floss.



5

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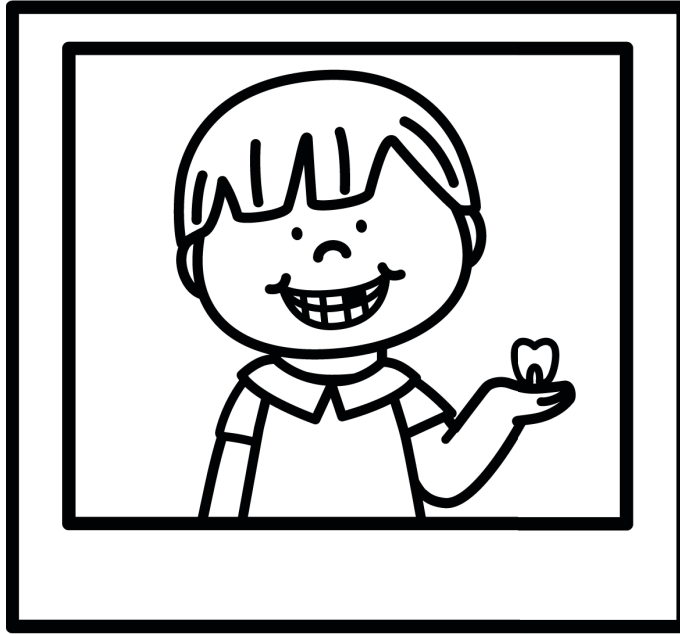
We clean between our
teeth with floss.



5

©Play to Learn Preschool

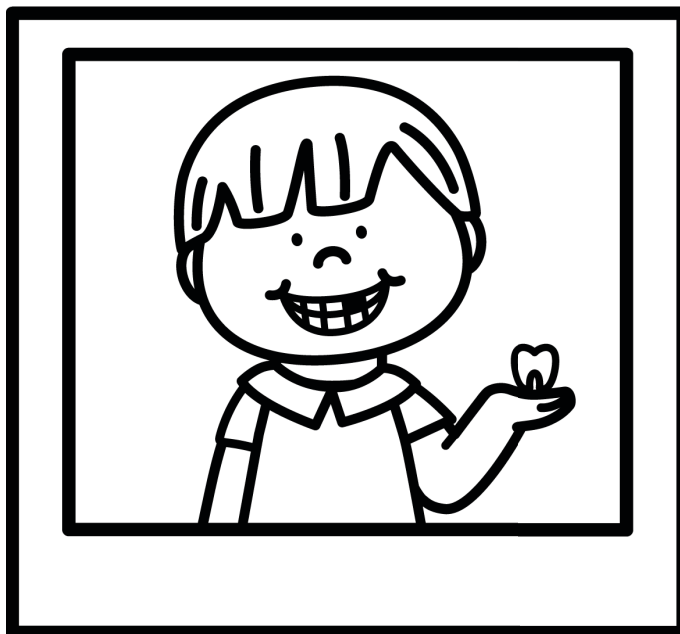
We lose baby teeth.



6

©Play to Learn Preschool

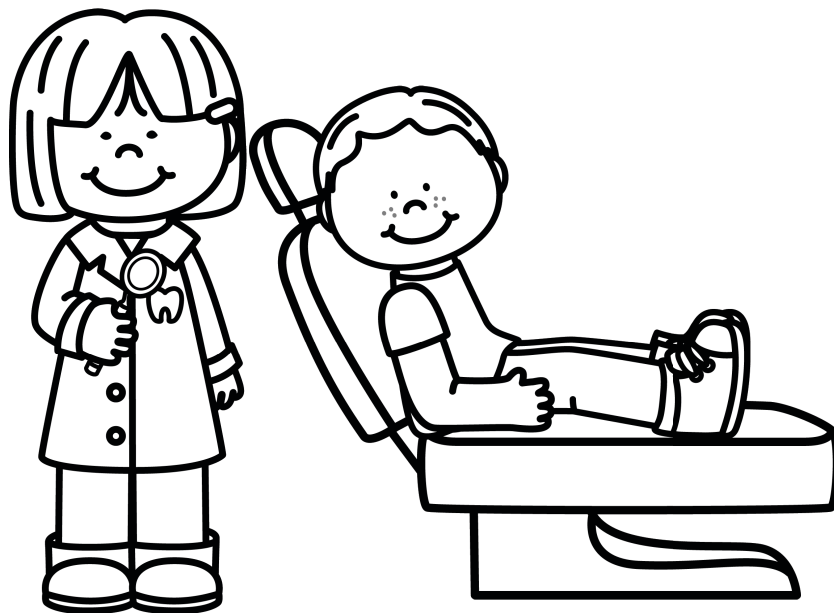
We lose baby teeth.



6

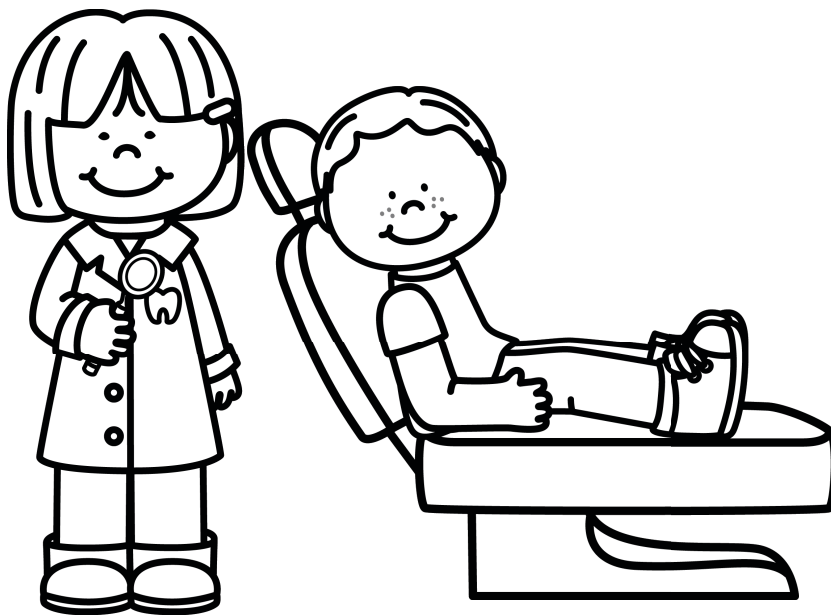
©Play to Learn Preschool

Dentists are teeth doctors.



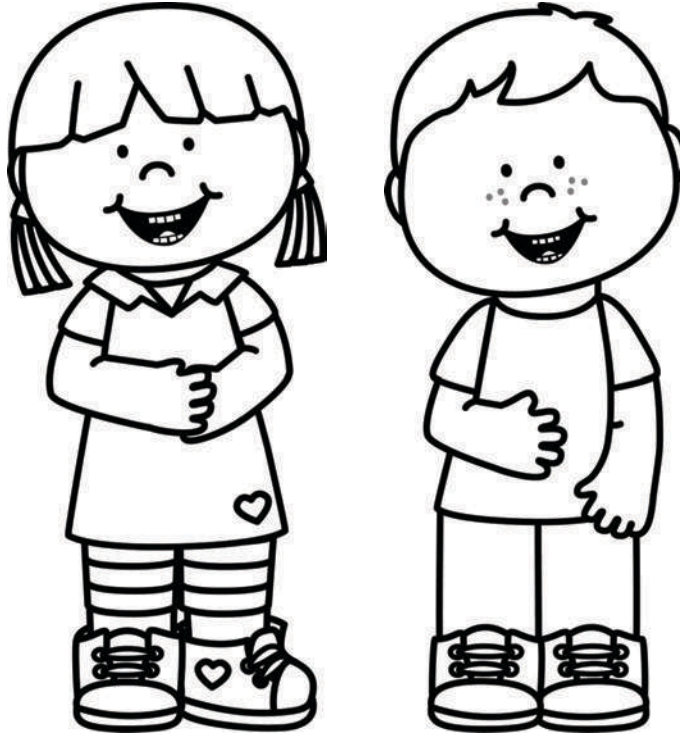
7

Dentists are teeth doctors.

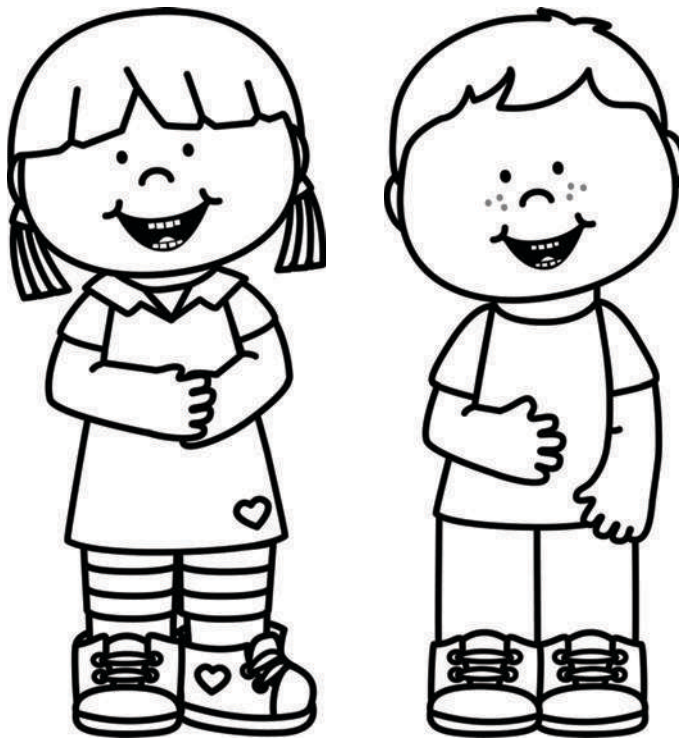


7

We love our teeth!



We love our teeth!

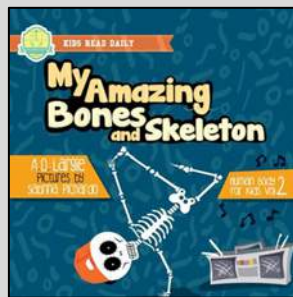


Book Recommendations - All About Bones

Human Body Unit - Lesson 4

My Amazing Bones and Skeleton A.D. Largie

This book, filled with easy-to-understand words and vibrant illustrations, explores the remarkable skeleton inside our bodies, explaining how it provides support and enables movement.



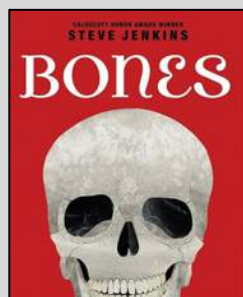
Bones by Stephen Krensky

Clear language and captivating illustrations introduce bones to preschoolers in this adorable book. It also shares important tips on how to care for your bones to stay strong and keep exploring the world around you.



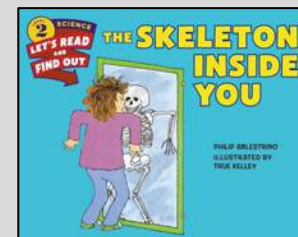
Bones Steve Jenkins

Using vivid illustrations and simple language, this book explains how bones give our bodies structure and allow us to move. Preschool students will also learn how to keep their bones healthy and strong.



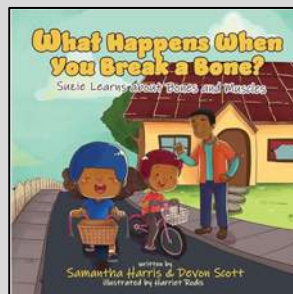
The Skeleton Inside You by Philip Balestrino

With colorful illustrations and easy-to-understand language, this book explains how bones provide support and help us move. It's a great text to teach about keeping bones strong and healthy.



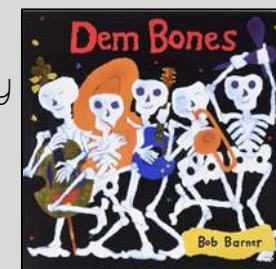
What Happens When You Break a Bone by Samantha Harris

This sweet story uses simple language and clear explanations as it follows Suzie after a biking accident. Students will begin to understand the healing process.



Dem Bones Bob Barner

Eye-catching illustrations and snappy verses lead students through an exploration of the different bones in the human body, teaching young children about their skeleton in an engaging and memorable way.



Thematic Units

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