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Skeleton Tree

Tessa McMillan

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Bones help to support and protect your body. Bones can be flat or round and are made up of cartilage, hard bone, spongy bone, red marrow, and yellow marrow. Cartilage between bones can help them to move without rubbing together. A joint, where two bones meet, help us to move with the help of muscles and ligaments. There are many types of joints like suture, ball and socket, hinge, saddle, sliding, and pivot. They all help to make our body move in different ways.

This book has a lot of information! It is spread out with examples so it doesn’t feel too dense, but younger children may want to read it in segments. Many of the pages include comprehension questions to reinforce learning. The pictures on each page show different things we can do because of our bones and diagrams of the actual bones and joints. The book also includes a glossary and additional resources to reference at the back of the book. This is a great educational tool and introduction to the human body. It would be great for kids to read on their own!