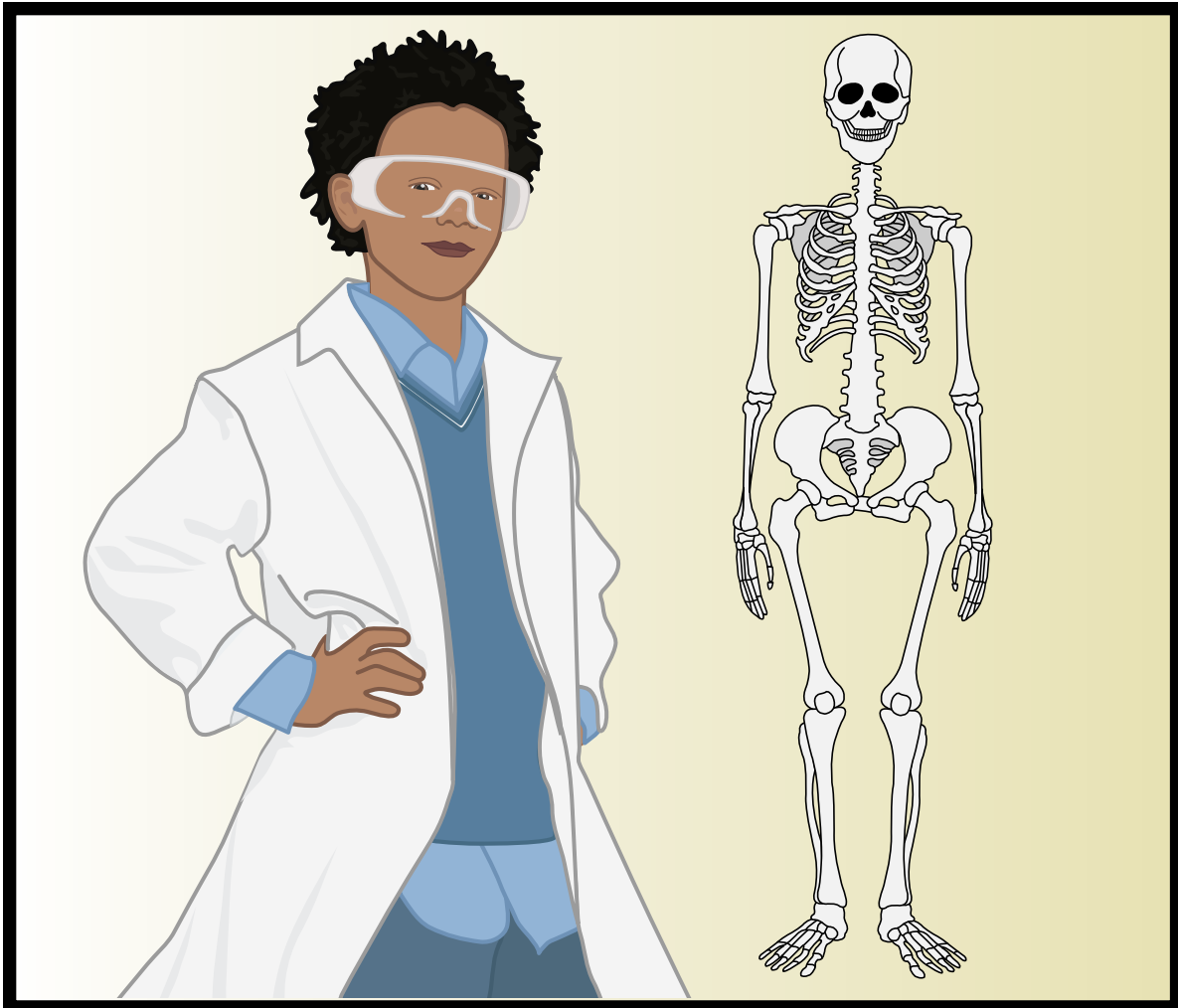


# Simon's Bones

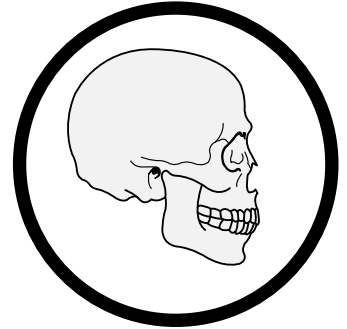
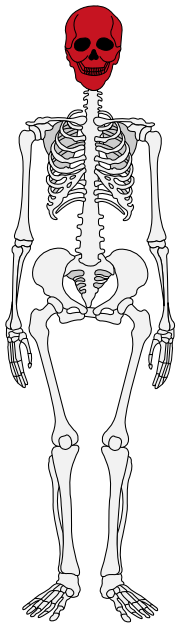
Level F/G



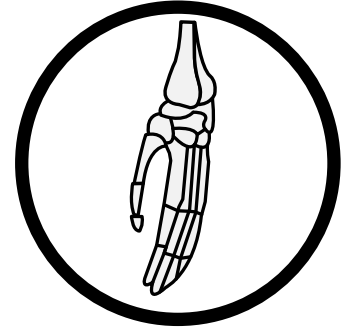
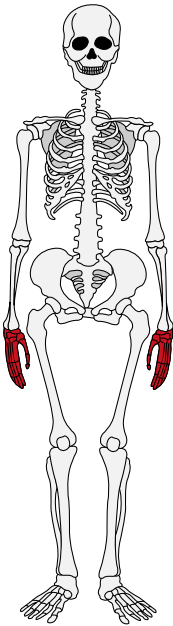
Written and Illustrated by Travis Schaeffer



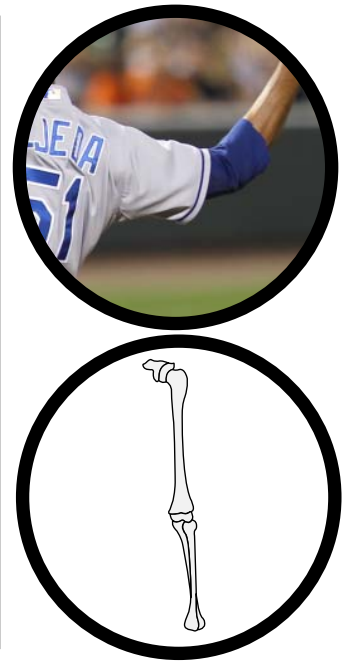
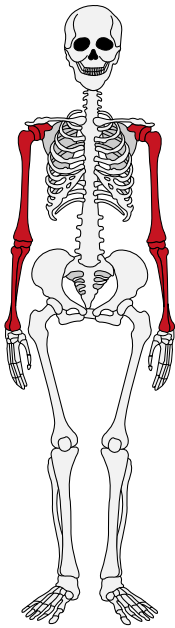
Simon wants to learn about his bones. He wants to learn where bones are in the body. Simon goes to a baseball game to learn how bones help us stay active.



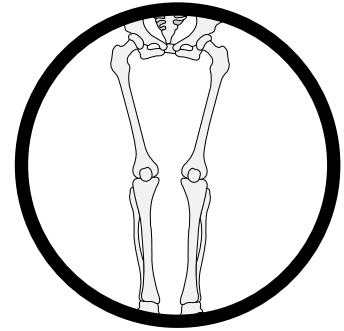
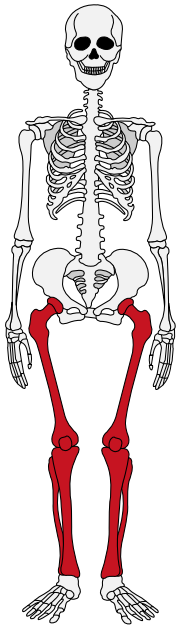
Simon sees a baseball player wearing a helmet. The helmet is like the **skull**. The skull is part of the head that keeps the brain safe. The skull is the bone that is around the brain. Baseball players wear a helmet to keep the skull safe.



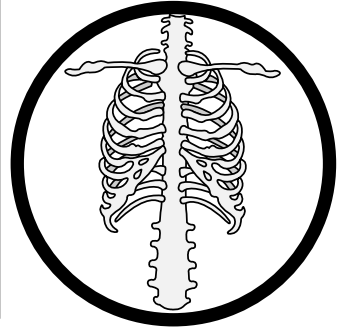
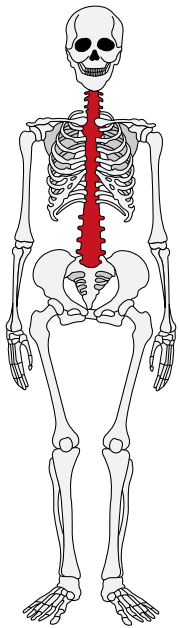
Simon sees a baseball player holding a baseball bat with his hands. The hand has many small bones. These bones help fingers to bend. That is how players can hold a baseball or a bat.



Simon sees a baseball player throwing a baseball over home plate. Arms are made up of bones and **joints**. Arms have joints in the shoulders, elbows and wrists. That is how players can swing a bat or throw a baseball.



Simon sees a baseball player running to first base. Legs are made up of bones and joints. Legs have joints in the hip, knees and ankles. That is how players can run, jump and slide on the baseball field.



Simon sees a baseball player bending to pick up a baseball. Bones in the back help the body to bend. The back is made up of a column of bones. These bones are called the **spinal column**. That is how players can bend during the game to pick up a baseball.



Simon sees a baseball player drinking milk in the **dugout**. Milk has a lot of calcium. **Calcium** is needed for strong and healthy bones. Players need a lot of calcium in their diet. Players with healthy bones can stay active and play baseball.





Simon has learned there are many bones in the body. Bones help keep the body safe and help it move. Simon has plenty of milk, cheese and yogurt in his diet. Simon loves milk! Milk will keep the bones in his body strong and healthy.

yes



# Simon's Bones

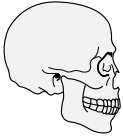
no



<p>protect</p>	<p>Simon</p>	<p>bones</p>	<p>baseball</p>	<p>player</p>	<p>helmet</p>
<p>hold</p>	<p>skull</p>	<p>brain</p>	<p>bat</p>	<p>hand</p>	<p>finger</p>
<p>throw</p>	<p>arm</p>	<p>joints</p>	<p>shoulder</p>	<p>elbow</p>	<p>wrist</p>
<p>run</p>	<p>leg</p>	<p>hip</p>	<p>knee</p>	<p>ankle</p>	<p>back</p>
<p>bend</p>	<p>milk</p>	<p>calcium</p>			

# Glossary

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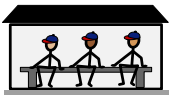
**skull** - bone surrounding the brain



**joint** - where two bones join together



**spinal column** - vertical column of bones



**dugout** - where baseball players sit when they are not on the field



**calcium** - in milk, cheese, yogurt and more

# Index for Photographs

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