Every single person has a skeleton made up of many bones. These bones give your body structure, let you move in many ways, protect your internal organs, and more. It's time to look at all your bones — the adult human body has __________ of them!

**Of What Are Bones Made?**

If you've ever seen a real skeleton or fossil in a museum, you might think that all bones are dead. Although bones in museums are dry, hard, or crumbly, the bones in your body are different. The bones that make up your skeleton are all very much alive, growing and changing all the time like other parts of your body. Almost every bone in your body is made of the same materials. The outer surface of bone is called the _________________. It's a thin, dense membrane that contains nerves and blood vessels that nourish the bone. The next layer is made up of ______________ bone. This part is smooth and very hard. It's the part you see when you look at a skeleton. Within the compact bone are many layers of ______________________ bone, which looks a bit like a sponge. Cancellous bone is not quite as hard as compact bone, but it is still very strong. In many bones, the cancellous bone protects the innermost part of the bone, the _________________. Bone marrow is sort of like a thick jelly, and its job is to make blood cells. Label the bone parts.

**How Bones Grow**

A baby's body has about ________ bones at birth. These eventually fuse (grow together) to form the ________ bones that adults have. Some of a baby's bones are made entirely of _________________. Other bones in a baby are partly made of cartilage. This cartilage is soft and flexible. During childhood, as you are growing, the cartilage grows and is slowly replaced by bone with help from _________________. By the time you are about ________, this process will be complete. After this happens, there can be no more growth. All of these bones make up a skeleton that is both very strong and very light.

**The Spine**

The spine lets you twist and bend, and it holds your body _________________. It also protects the _________________, a large bundle of nerves that sends information from your brain to the rest of your body. The spine is special because it isn't made of one or even two bones: It's made of _________ bones in all! These bones are called ________________ and each one is shaped like a ring. In between each vertebra (the name for just one of the vertebrae) are small _______________ made of ________________. These disks keep the vertebrae from rubbing against one another, and they also act as your spine's natural shock absorbers. When you jump in the air, or twist while slamming a dunk, the disks give your vertebrae the cushioning they need.
Your Ribs
Your heart, lungs, and liver are all very important, and luckily you've got ribs to keep them safe. Ribs act like a _________________ of bones around your chest. It's easy to feel the bottom of this cage by running your fingers along the sides and front of your body, a few inches below your heart. If you breathe deeply, you can easily feel your ribs right in the front of your body, too. Some thin kids can even see a few of their ribs right through their skin. Your ribs come in _________________, and the left and right sides of each pair are exactly the same. Most people have ____________ pairs of ribs, but some people are born with one or more extra ribs, and some people might have one pair less.

Your Skull
Your skull protects the most important part of all, the _______________. The skull is actually made up of different bones. Some of these bones protect your brain, whereas others make up the structure of your face. And although you can't see it, the smallest bone in your whole body is in your head, too. The _________________ bone behind your eardrum is only .1 to .13 inches (2.5 to 3.3 millimeters) long! Want to know something else? Your lower jawbone is the only bone in your head you can _______________. It opens and closes to let you talk and chew food.

Your skull has changed since you were a baby. All babies are born with _________________ between the bones in their skulls. This allows the bones to move, close up, and even overlap as the baby goes through the birth canal. As the baby grows, the space between the bones slowly closes up and disappears, and special joints called _________________ connect the bones.

Your Hands and Arms
Each arm is attached to a shoulder blade or _________________, a large triangular bone on the upper back corner of each side of the rib cage. The arm is made up of three bones: the _________________, which is above your elbow, and the _________________ and _________________, which are below the elbow. Each of these bones is wider at the ends and skinnier in the middle, to help give it _______________ where it meets another bone. Between your wrists, hands, and all your fingers, you've got a grand total of ____________ bones — all ready to help you grasp things.

Your Legs
Your legs are attached to a circular group of bones called your ________________. The pelvis is a bowl-shaped structure that supports the spine. The pelvis acts as a tough ring of _________________ around parts of the digestive system, parts of the urinary system, and parts of the reproductive system. Your leg bones are very large and strong to help support the weight of your body. The bone that goes from your pelvis to your knee is called the _________________, and it's the longest bone in your body. At the knee, there's a triangular-shaped bone called the _________________, or kneecap, that protects the knee joint. Below the knee are two other leg bones: the _________________ and the _________________. Just like the three bones in the arm, the three bones in the leg are wider at the ends than in the middle to give them strength. The leg bones connect to a large bone in the foot called the _________________. The bone total in both feet and ankles to _____________!