

LEVELED BOOK • H

# My Bones



Written by Racheal Rice  
Illustrated by Matthew Vimislik

[www.readinga-z.com](http://www.readinga-z.com)



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## Focus Question

Why are bones amazing?

Words to Know	
bones	protect
irregular	skeletons
joints	support

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Level H Leveled Book  
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Correlation	
LEVEL H	
Fountas & Pinnell	H
Reading Recovery	13-14
DRA	14





Do I fear **skeletons**?

No! Skeletons are amazing.

I have one inside me right now.



My skeleton is made of all  
the **bones** in my body.

My skeleton has 206 bones.





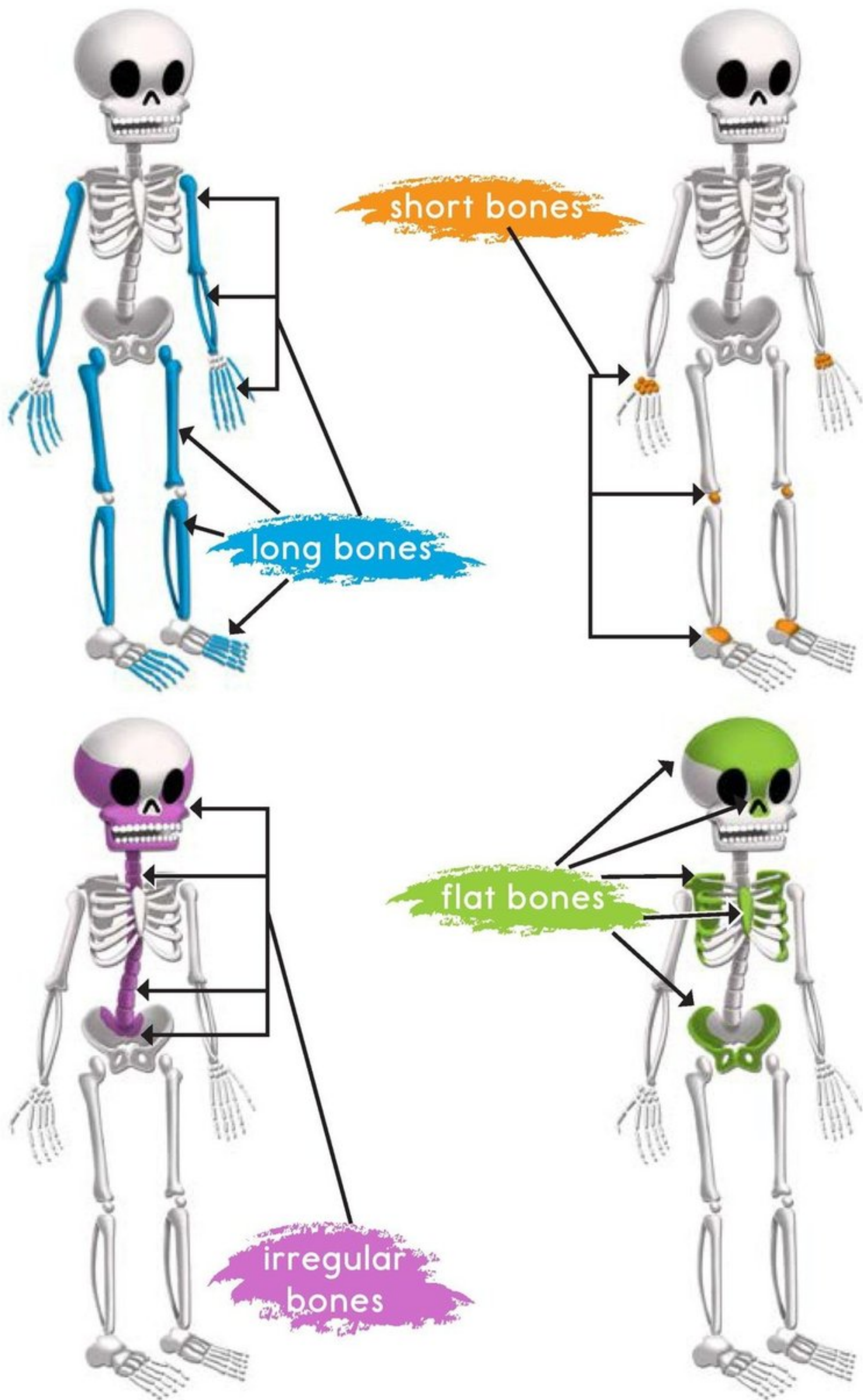


The smallest bone is in my ear.  
The largest bone is in my leg.



Human bones can be grouped into four shapes.

My bones are long, short, flat, or **irregular**.







My leg and arm bones are long.  
The bones in my ankles are short.





My shoulder and skull bones are flat.  
The bones in my back are irregular.



My bones help **support**  
and **protect** me.

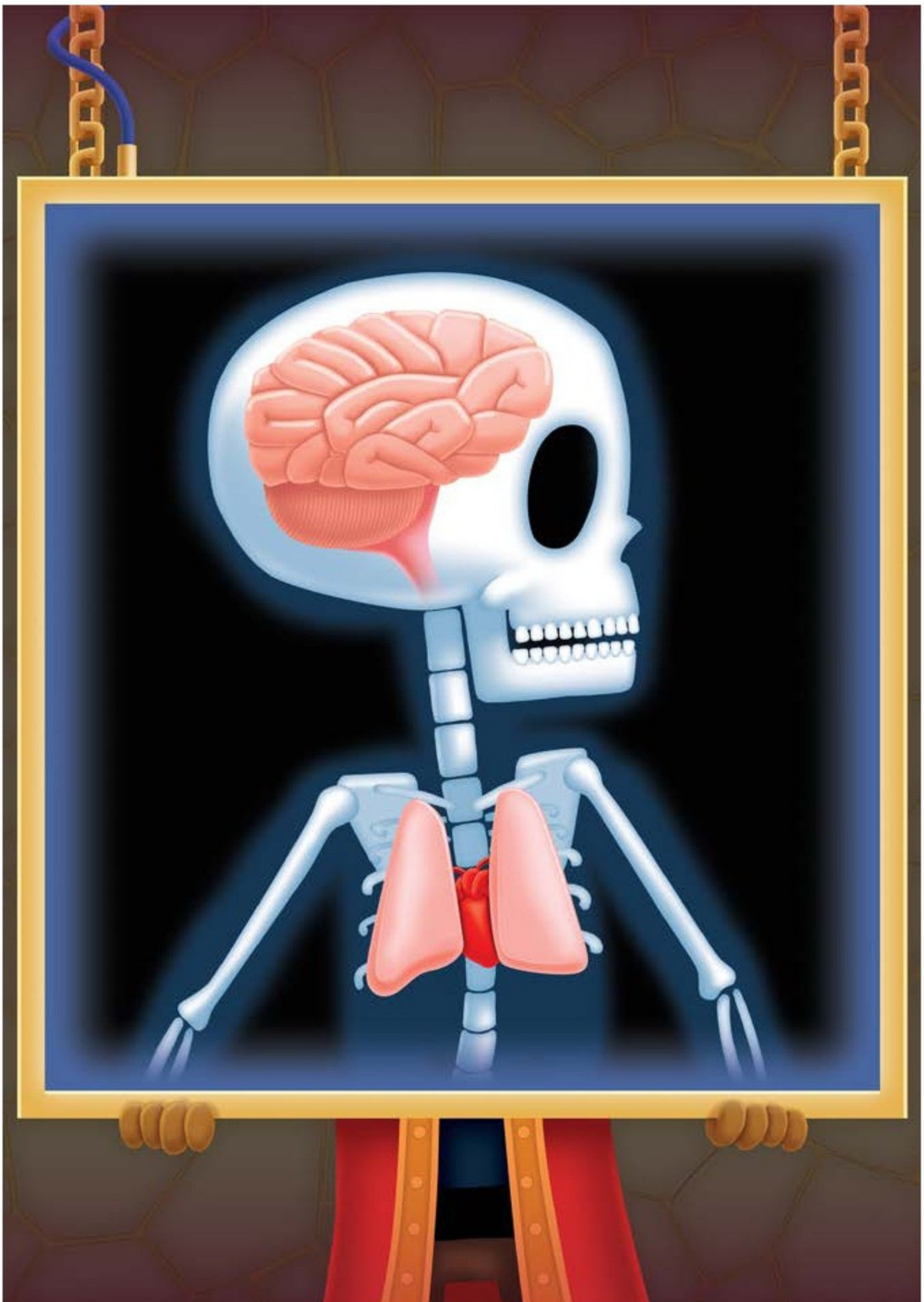






I can stand because of my bones.  
My bones give my body shape.





My bones also protect my soft parts, such as my lungs and brain.



**Joints** connect my bones  
to each other.







A few joints, such as those  
in my skull, don't move.  
Most joints help me bend,  
turn, or grab.





Bones are living parts of my body.  
I eat well and play to take care  
of my bones.  
I need my bones to be strong.



I am not afraid of skeletons.  
Skeletons are made  
of amazing bones!





## Glossary

<b>bones</b> ( <i>n.</i> )	the hard parts of a body that give it shape (p. 4)
<b>irregular</b> ( <i>adj.</i> )	not straight, even, smooth, or following a normal pattern (p. 6)
<b>joints</b> ( <i>n.</i> )	parts of the body where two bones connect or fit together (p. 12)
<b>protect</b> ( <i>v.</i> )	to guard or defend from harm or danger (p. 9)
<b>skeletons</b> ( <i>n.</i> )	frameworks of bones and cartilage that support and protect the bodies of humans or other vertebrates (p. 3)
<b>support</b> ( <i>v.</i> )	to hold the weight of (p. 9)



# My Bones

*A Reading A-Z Level H Leveled Book*  
*Word Count: 185*

## Connections

### Writing and Art

Draw a picture of yourself with bones and without bones. Then, write about why bones are an important part of your body.

### Science

Your bones help support and protect you. Name another part of your body that helps support and protect you. Share your ideas with a partner.



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