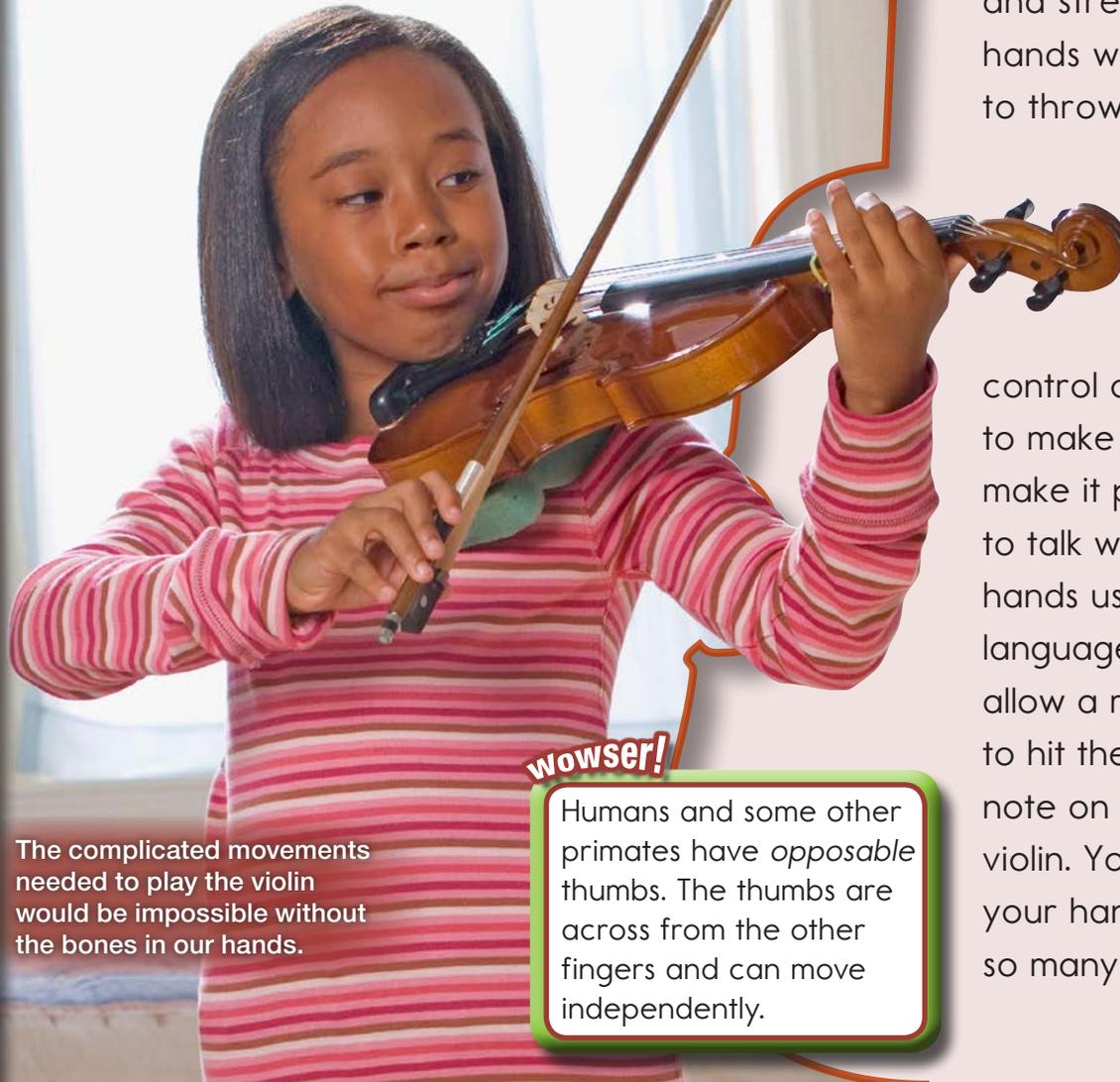


# Hands and Feet



The complicated movements needed to play the violin would be impossible without the bones in our hands.

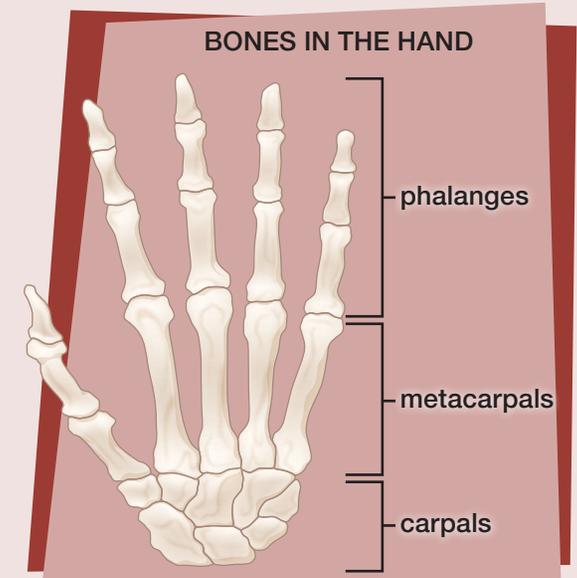
**wowser!**

Humans and some other primates have *opposable* thumbs. The thumbs are across from the other fingers and can move independently.

## Give Yourself a Hand

Think of all of the sports and games you like to play. Now imagine doing all of those activities without the bones in your hands. The hard and rigid bones in your hands give your body the support and strength to grasp things. Without bones, your hands would be like jelly. You couldn't use them to throw a ball, write a story, or pick up an apple!

Each finger on your hand has three bones, except the thumb, which has two. These bones give your fingers their long, thin shape. Your brain gives you amazing control of your fingers and hands. You are able to make precise movements. These tiny movements make it possible to talk with your hands using sign language. They allow a musician to hit the perfect note on the violin. You use your hands for so many things!



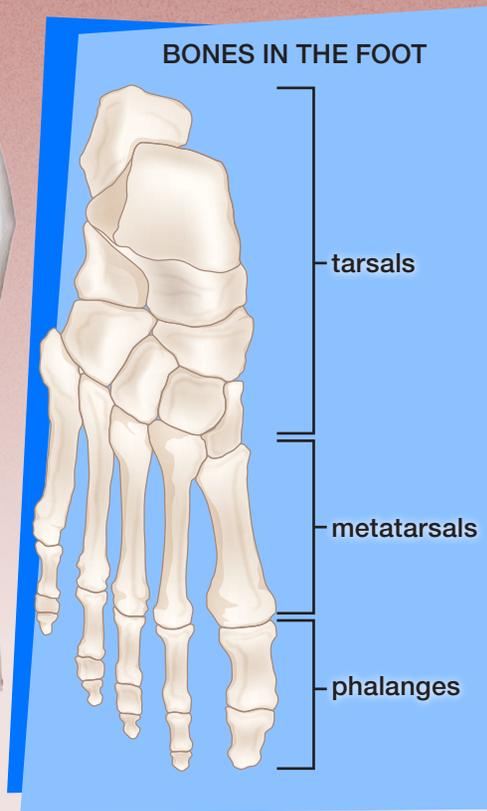
# Tippy Toes

Your hands and feet are made of similar bones, but they do very different things. Picture a ballet dancer balancing gracefully on his tippy toes or a hip-hop dancer bouncing around on her feet. No matter what kind of dance you like, you have to use the bones in your feet. These bones are shaped to make the foot almost flat and a bit wide. This helps you stay upright. The five toes on each foot help you balance. The toes can move and lift you off the ground. Put on your dancing shoes!

Ballet shoes protect the bones in the foot during a dance.

## Math Moment

Each hand has 27 bones and each foot has 26 bones. How many bones are there in 2 hands and 2 feet?



# A Shoe-In

How many pairs of shoes have you had in your life? A lot! You may have even heard your parents complain about how often you need new shoes. That's because the bones in your feet are made of living tissue. The bones grow bigger and bigger until you're an adult. That is why you grow out of your shoes so quickly!



## Science in Your World

There are many different kinds of footwear. You may need winter boots for snow, sneakers for sports, sandals in the summer, tap shoes for dancing, hiking boots for camping, and more. It is important to wear the right footwear to protect your feet!

