



**Exercise – Good for Your Body and Your Brain (🌍 A Physical Health Story)**  
**(2<sup>nd</sup> Grade – 7-8 yrs.)**  
**Craft: Hands-On Muscle Model**



**STORY CONNECTION-SLIDES 4-5 (Approx Time: 25-30 mins)**

Exercise is all about making the muscles in your body work. When your muscles work – it means that they contract and relax. Your muscles are attached to the bones in your body, so when they contract and relax – they make your bones move. You have bones all over your body, so when your muscles make your bones move – your body moves.

**Materials needed:**

- Posterboard, cardstock, or cardboard
- Packing tape
- Straws (noodles can be used in place of straws)
- Pencils
- Scissors
- Yarn or string
- This website has step-by-step photographs to help clarify any questions.

<https://www.123homeschool4me.com/hands-human-body-muscles-for-kids-project/>

**Preparation needed:**

- Cut straws into small pieces so that there are enough for three on each finger and two on the thumb.
  - 14 small pieces (1 set per student). These are phalange bones.
  - 4 longer pieces (1 set per student). These are the metacarpus bones.
- Cut yarn/string into 8-10in long pieces.
  - 4 per student
  - This is the muscle tendon.
  - Optional: Tie the loop at the bottom of each string.
- Optional: Pre-cut strips of packing tape to speed up the process with larger groups.
- Optional: Create a finished product to display for student(s).
- Optional: Create a product as student(s) create theirs to model each step.
- Optional: Display step-by-step website photos for student(s).

**Instructions:**

1. Start by having student(s) trace their hand and wrist on the posterboard, cardstock, or cardboard.
2. Have student(s) cut out their template.
3. Give each student their set of cut straws and packing tape. These are phalange bones.
4. Student(s) use strips of packing tape to secure small straws to each individual finger and the thumb.

5. Next, add four longer pieces of straw to the “palm” of the hand below each finger. You will not do the thumb. These are the metacarpus bones.
6. Turn the template over on the back and tape an 8-10 inches long piece of yarn or string to each finger and thumb tip. The yarn or string represents the muscle tendon.
7. Thread the muscle tendons through the bones on each finger, thumb, and palm.
8. Tie a loop at the end of each string.
9. Gently pull on each loop to allow the fingers to move. This represents how our body would use muscles to move the bones in our hands.
10. The finished model will resemble the photo below.



Craft Credit: <https://www.123homeschool4me.com/hands-human-body-muscles-for-kids-project/>

For more information on how our hands work, visit

<https://www.ncbi.nlm.nih.gov/books/NBK279362/#:~:text=Movements%20of%20the%20hand%20are,the%20p alms%20to%20the%20fingers.>