

HEALTHY KIDS CONNECTIONS

Volume 5

THEM BONES THEM BONES

Did you know that you have more than 200 bones? They hold up your body and work with your muscles to keep you moving. Without bones, you'd be one big blob!

When you're a baby, you have more than 300 bones. But by the time you're an adult, you'll have just 206. Why? Because some of your bones join together as you grow.

To be able to grow, bones need lots of calcium (say cal-see-um) and exercise. Running and jumping are great for building strong bones.

Source: The Office on Women's Health in the U.S. Department of Health and Human Services

**FUN
FACT!**

Humans and giraffes have the same number of bones in their necks. Giraffe neck bones are just a whole lot longer!



LOOK INSIDE FOR...

- ★ 5 tips for fighting stress
- ★ health nuts comic strip
- ★ what does “tickle your funny bone” mean?
- ★ calcium and vitamin D
- ★ getting along

5 TIPS FOR FIGHTING STRESS

Everyone has to deal with stress. You may feel angry. Your heart may beat faster. You may even feel like screaming or hitting something.

Those are not good ways to deal with stress. Here are better ways. Instead of doing something that may make things worse, try...

1 **Exercising.** Active bodies make “feel-good” chemicals.

2 **Laughing.** Tell jokes to your friends. Look for what is funny about a stressful day. Laughing always makes us feel good.

3 **Talking it through.** You don't have to keep your feelings bottled up. You may feel better if you share your feelings with someone you trust.

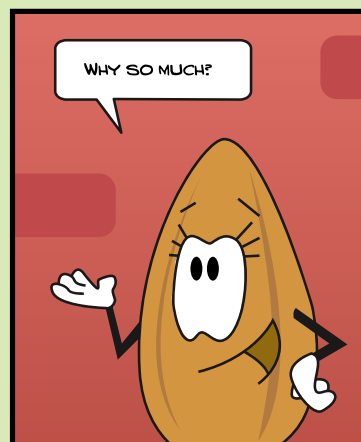
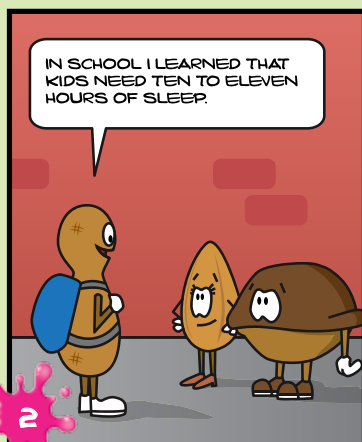
4 **Taking a break.** Get away from what is causing you stress, even for a few minutes. Take a walk. Get a healthy snack. In other words, “chill.”

5 **Getting your sleep.** Kids ages 5 to 12 should catch 10 to 11 hours of Zzzz each night. When you don't get enough, you may feel tired and cranky.

Remember that stress happens to everyone. You can make smart choices to get through it.

Source: BAM! Body and Mind by the Centers for Disease Control and Prevention (CDC)

HEALTH NUTS



FUN
FACTS

Your thigh bone is the longest bone in your body. This bone is called the femur (say fee-mer).

WHAT DOES
"TICKLE YOUR
FUNNY
BONE"
MEAN?



It's a silly way to say that something made you laugh! And your "funny bone"? It isn't really a bone at all. It's a spot near your elbow that is very sensitive to the touch.

Here are some other expressions with the word bone:

Chilled to the bone—to be very, very cold

Dry as a bone—to be very, very dry

Feel it in your bones—to sense that something is true

Source: <http://idioms.thefreedictionary.com/Bones>

CALCIUM & VITAMIN D

GOOD STUFF FOR BONES

You've probably heard that milk is good for your bones. It's true! Milk has both calcium and Vitamin D. Strong bones need both. You get calcium from foods like yogurt, cheese and almonds. Vitamin D helps your bones use the calcium. Lots of foods have calcium, but vitamin D is a little harder to find.

Foods with vitamin D are:

- Cereal
- Canned tuna
- Salmon

You can also get Vitamin D from sunlight!

Source: *The Office on Women's Health in the U.S. Department of Health and Human Services*

GETTING ALONG

Lots of times, problems start when someone doesn't get where another person is coming from. (Remember the last time someone got mad at you for what seemed like no reason?) If you aren't sure why someone is acting a little weird or mean, find out why. Talk to them. When they tell you, listen. Really listen. And if someone tries to make you mad on purpose? Just ignore them. No one controls your feelings but you!

Source: *BAM! Body and Mind* by the Centers for Disease Control and Prevention (CDC)

