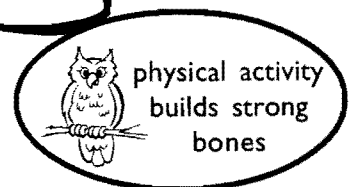


SPARKS AND BROWNIES

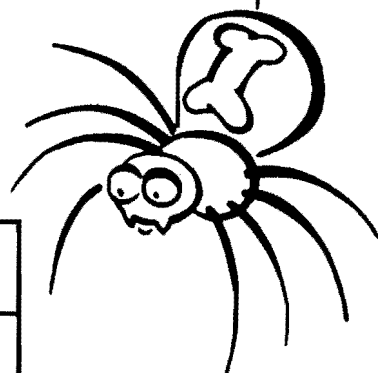
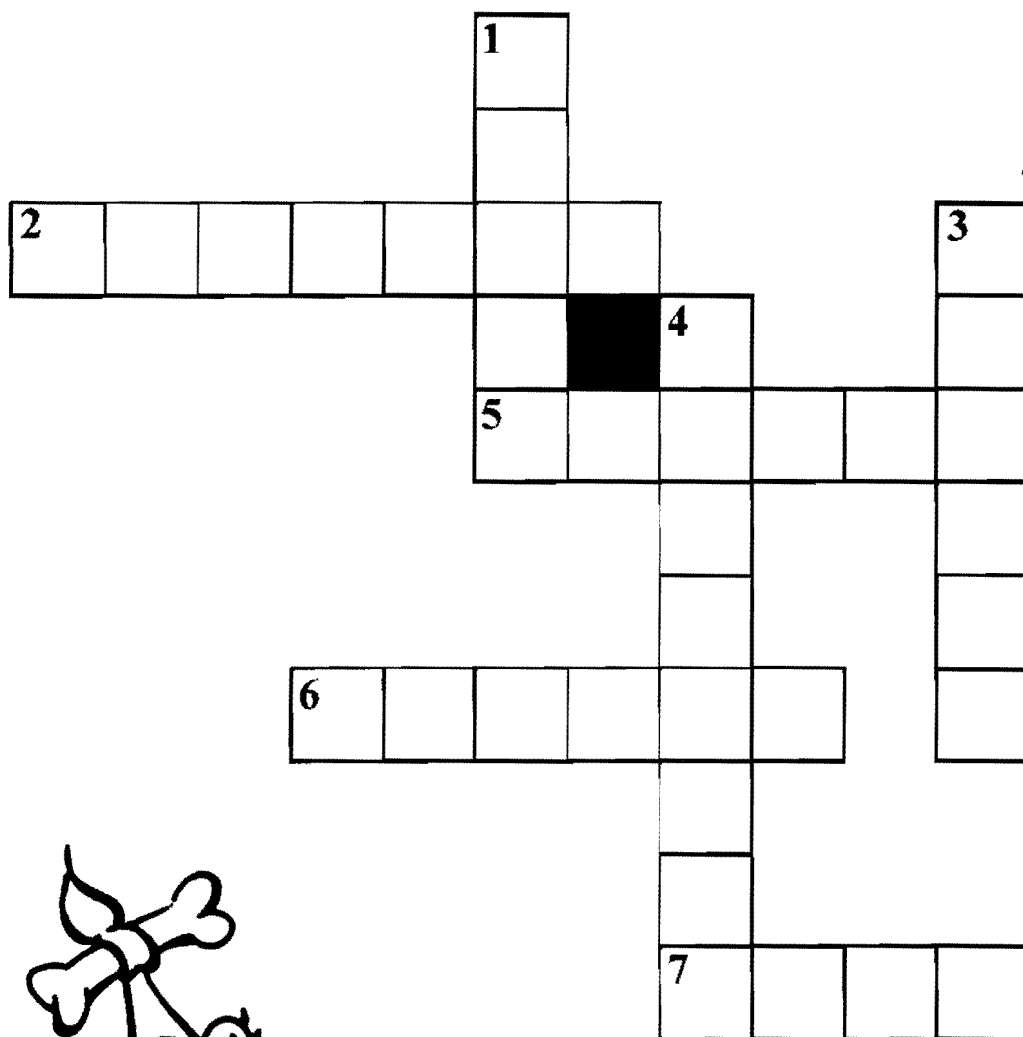
# BONE BUILDING ACTIVITY BOOK



# Here's something to hoop about!



# Bone Building Crossword



## Across

2. This activity is more fun to do with music
5. A sport played with a ball and goals
6. Take these instead of the elevator
7. Drink lots of this to stay healthy

## Down

1. You were born with over 300 of these in your body
3. Staying active and eating healthy will help keep your bones \_\_\_\_\_
4. A fun snack on a hot day

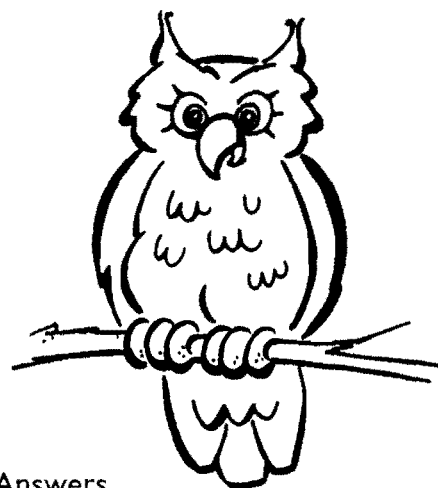
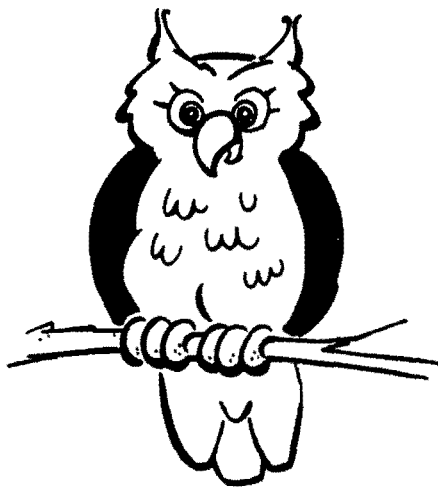
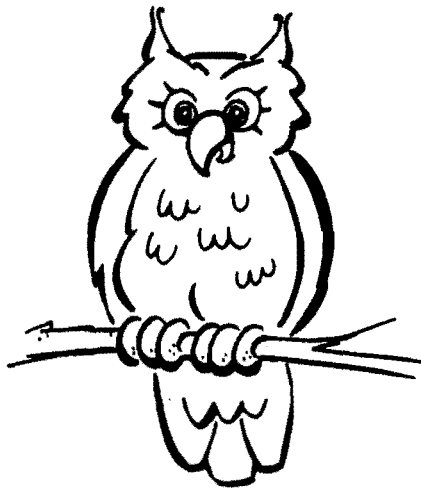
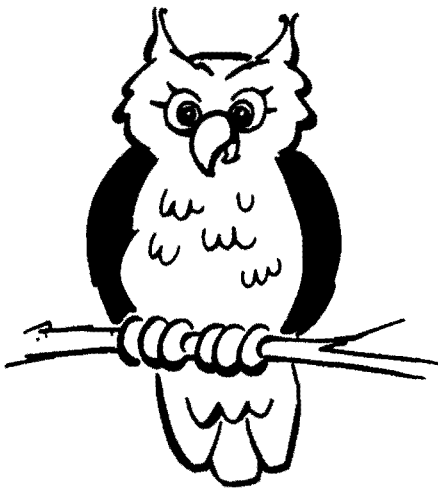
## Answers

Across: 2. Dancing 5. Soccer 6. Stairs 7. Milk  
Down: 1. Bones 3. Strong 4. Ice Cream

Make up a story  
What's happening here?



# Colour the ones that are the same



Answers

two and seven

# Word Search



	K	U	L	P	R		E	C	H	M	S				
	O	P	M	U	R	I	M	O	N	A	A	R	P	T	
	K	L	I	F	T	P	E	L	E	L	C	S	P	A	
N	C	A	N	T	L	I	N	A	C	C	A	P	O	N	E
N	E	Y	K	A	D	N	B	F	S	I	I	K	U	R	N
Y	S	P	U	I	M	S	O	A	P	U	O	Y	R	U	S
D	A	N	C	E	L	K	L	N	A	M	W	S	I	N	K
C	H	C	A	A	N	R	S	T	R	C	H	I	L	P	E
U	C	H	E	E	S	E	M	J	K	A	T	T	I	Q	U
P	L	A	T	T	X	Z	A	W	S	K	A	T	E	M	A
O	O	S	L	I	N	P	S	K	I	P	L	O	B	I	I
	W	L	W	A	L	K	I	P	M	L	K	B	O	L	
K	S	O	H	B	R	O	W	N	I	E	S	N	K		
	U	M	C	H	R	J	U	M	P	S	L	E			
		R	U	H	O	P	M	R	L	K	P	S			

Jump  
Play  
Walk

Lift  
Milk  
Dance

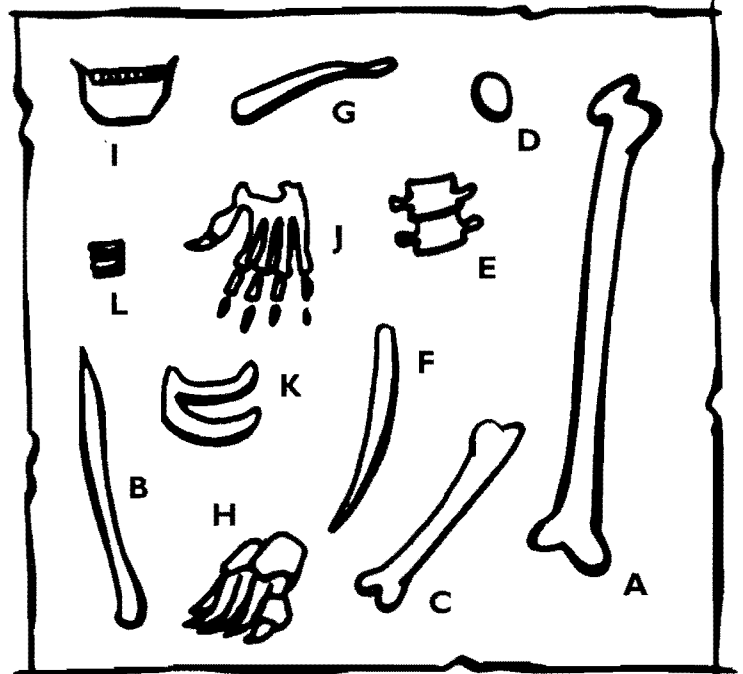
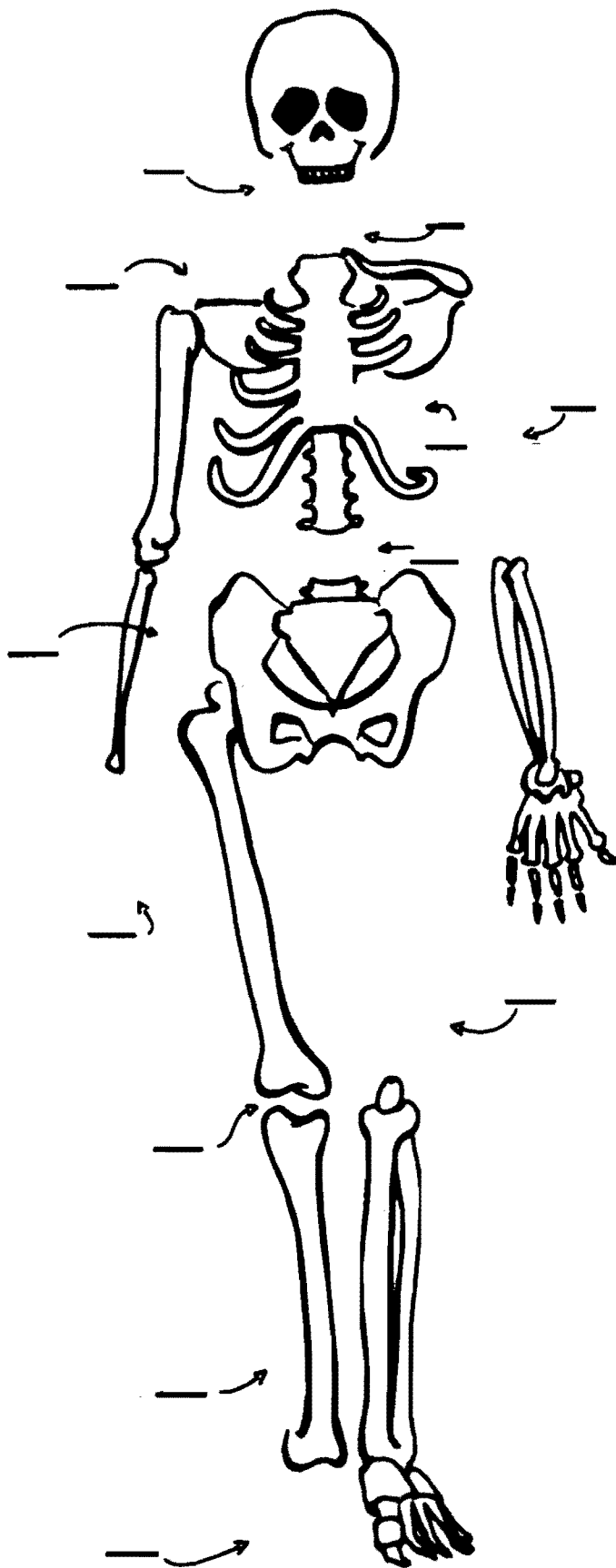
Run  
Hop  
Skip

Skate  
Bones  
Cheese

Sparks  
Brownies

Example: Calcium

# Where do the missing bones belong?



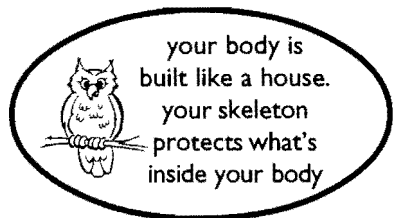
## True or False

1. Calcium helps keep your bones strong. T F
2. Osteoporosis means "porous bones." T F
3. Watching lots of TV is good for your bones. T F
4. Teeth are bones too. T F
5. The tiniest bones are inside your ear. T F
6. Potato chips are good food for strong bones. T F

Answers: 1. T 2. T 3. F 4. T 5. T 6. F

# No bones?

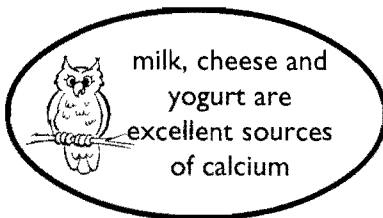
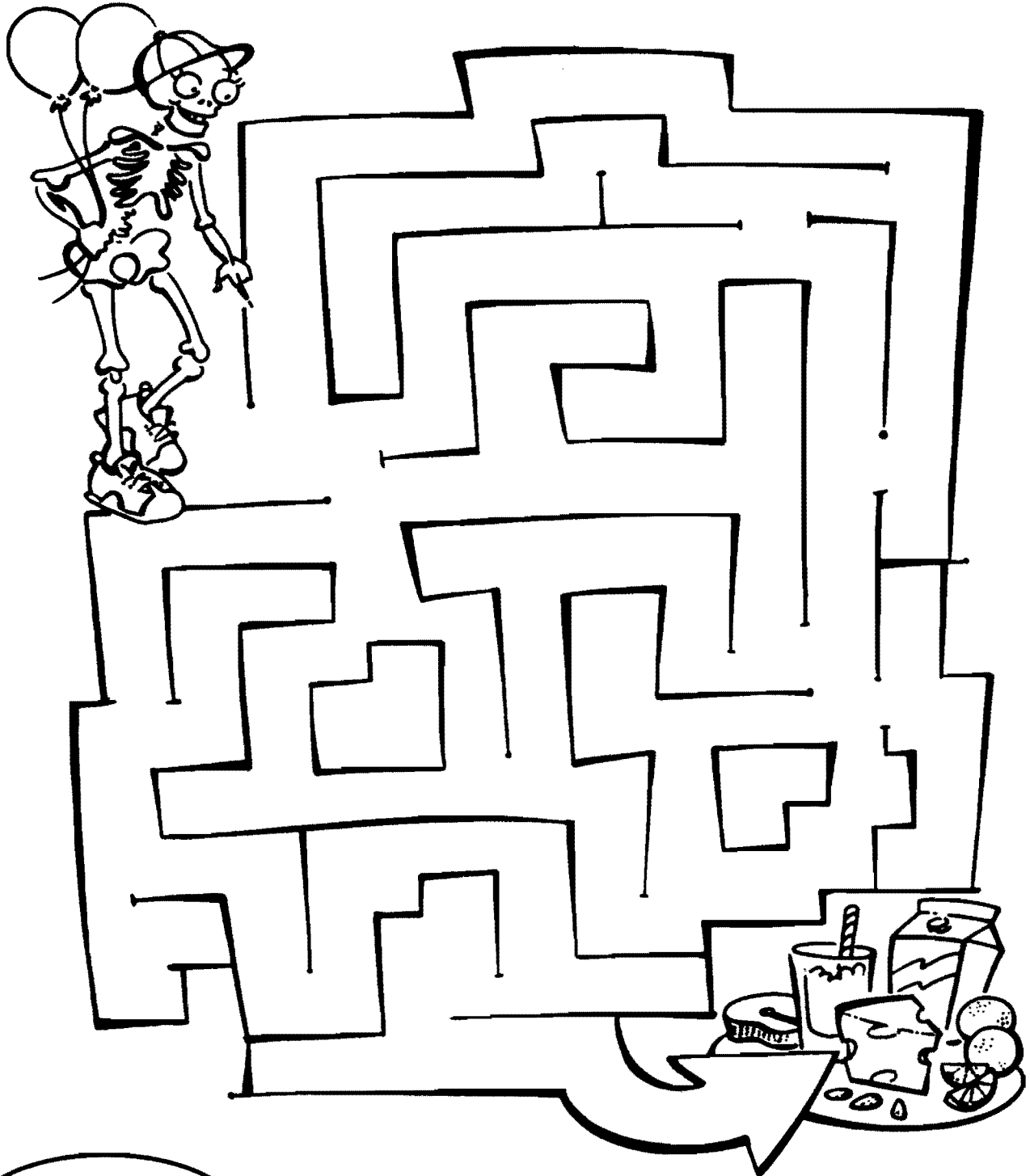
Draw how you think you would look like with no bones





# Calcium Confusion

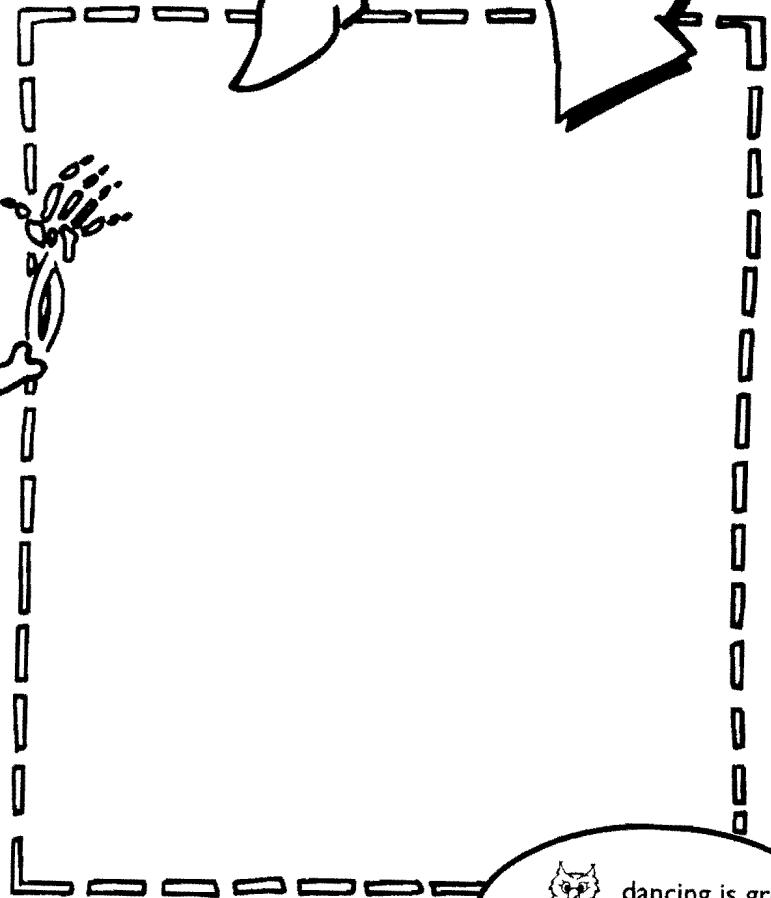
Help Suzy the Skeleton find her way to the bone-healthy food at the end of the maze



# Costume Party



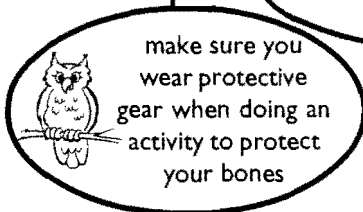
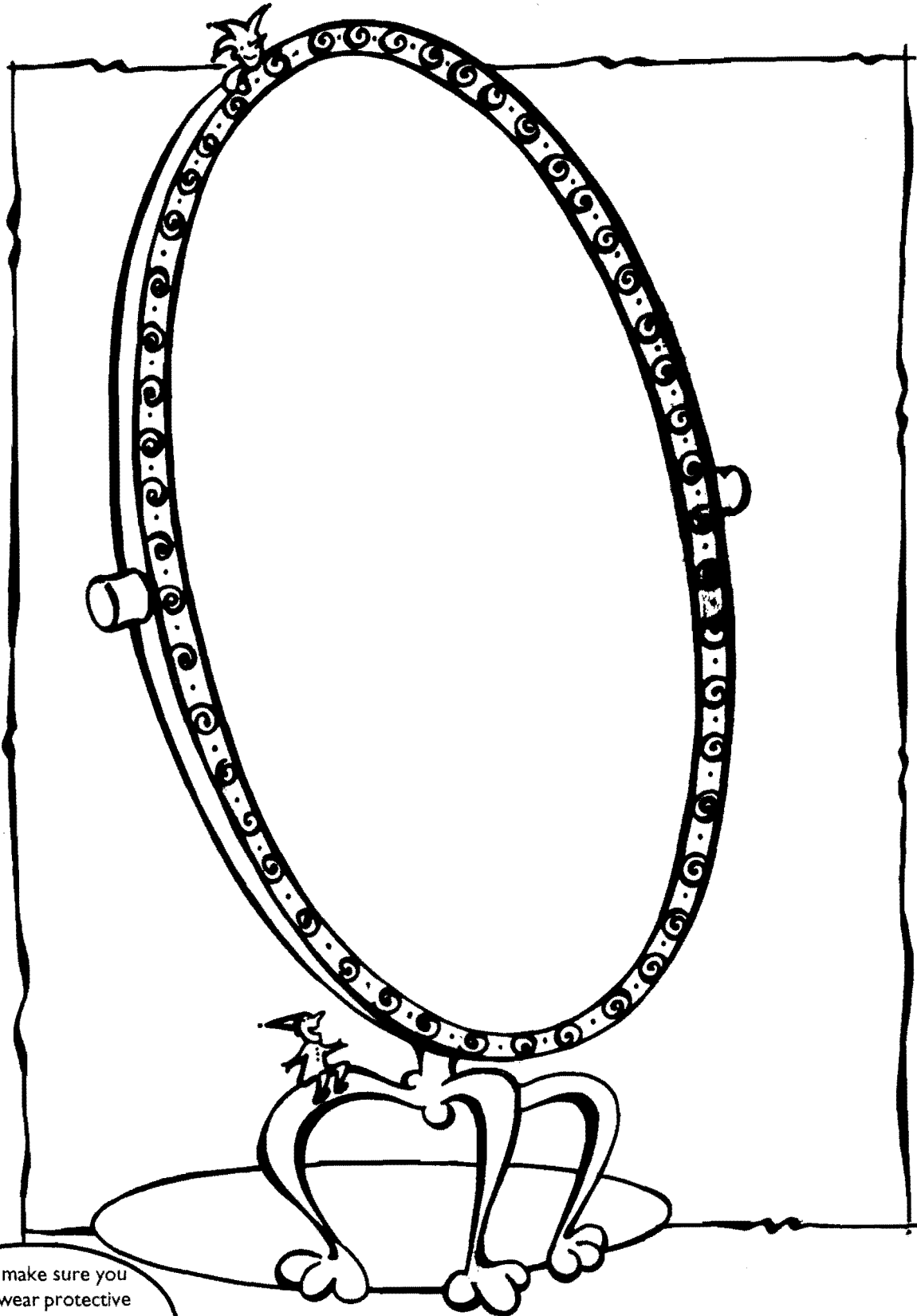
Draw  
your own  
costume  
here!



dancing is great  
for improving  
balance

# Magic Mirror

Draw yourself doing your favourite activity



# Dress Up Time!





Can you find the differences between  
Suzy and Sally the skating skeletons?



when it's cold  
outside, bundle up  
and stay active



# Word Jumble

Be Bone Smart and unscramble the words below

1. ebnso

---

2. lkim

---

3. gontsr

---

4. vtciae

---

5. aypl

---

6. ugidign

---

7. ketnosel

---

8. eseceh

---

9. gkhiin

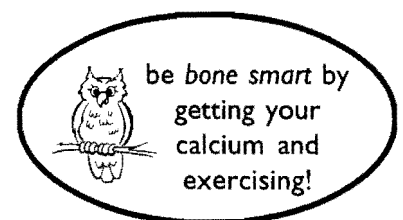
---

10. pingskpi

---

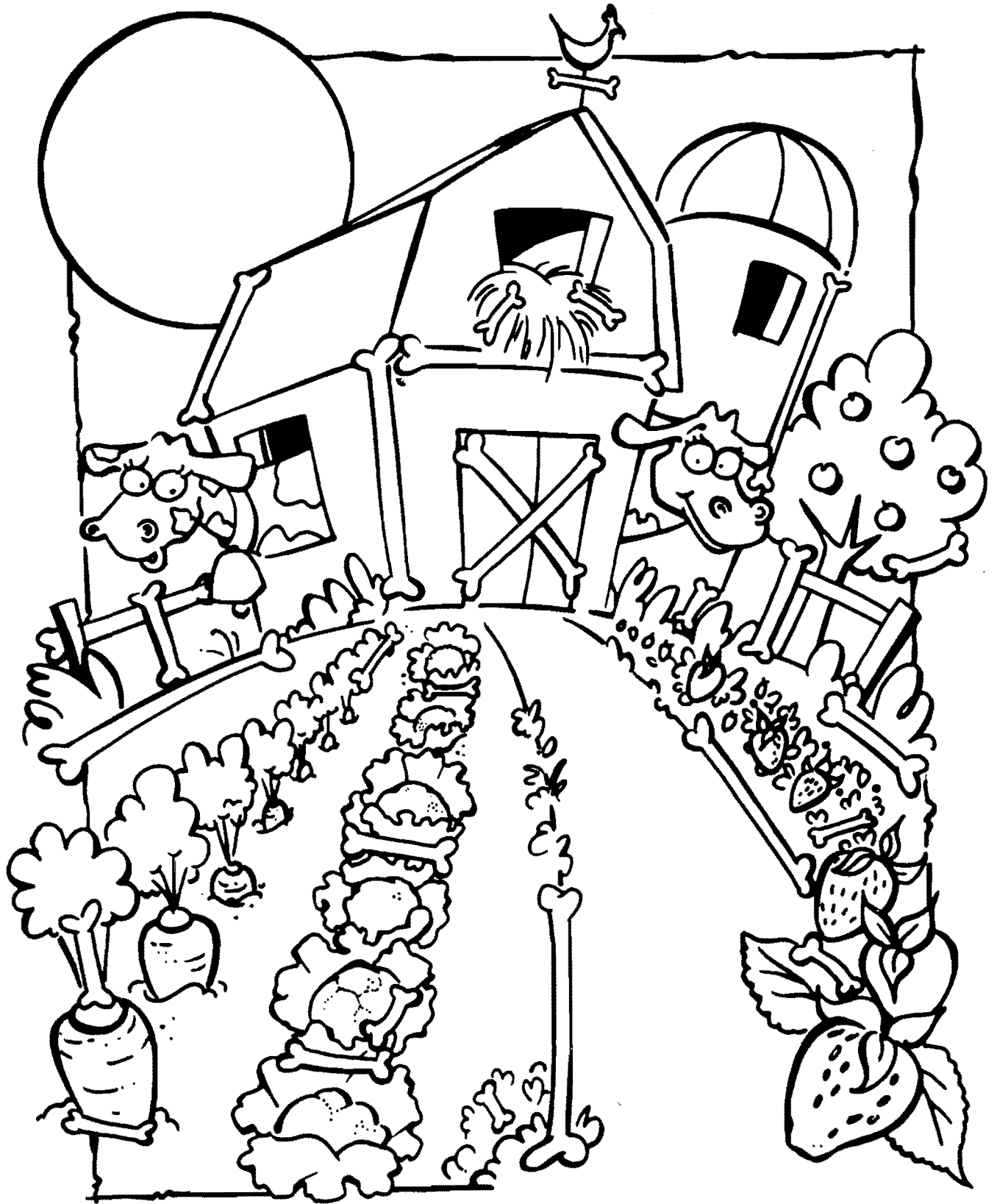
## Answers

1. bones 2. milk 3. strong 4. active 5. play  
6. guiding 7. skeleton 8. cheese 9. hiking 10. skipping





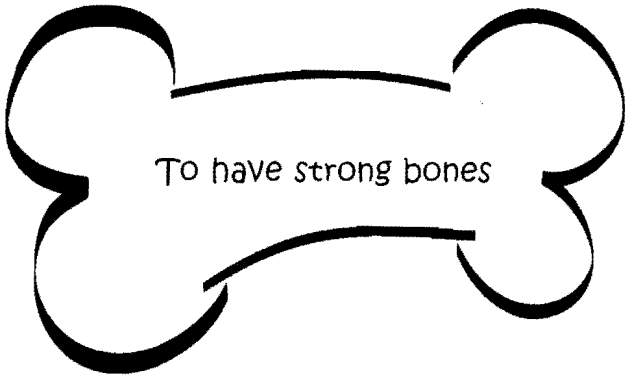
# How many bones can you find?



Answer  
twenty-eight

I found \_\_\_\_\_

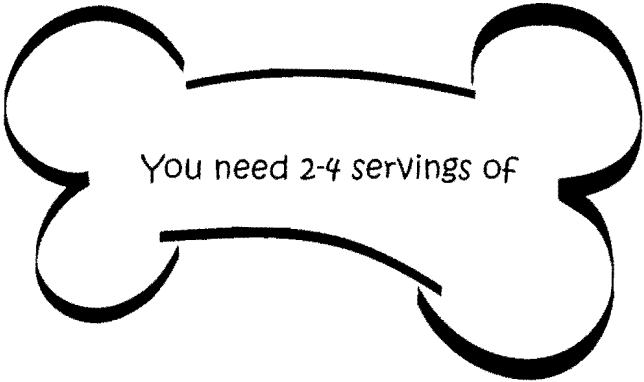
# Match the phrases in the bones to be Bone Smart!



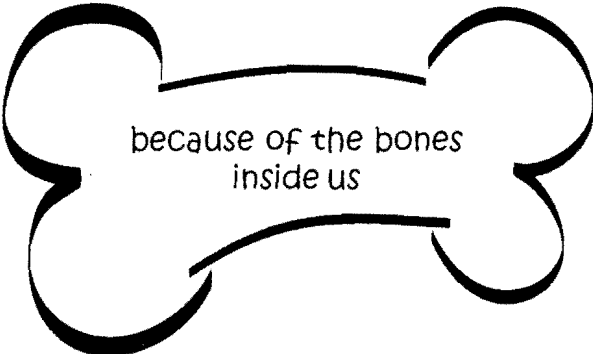
To have strong bones



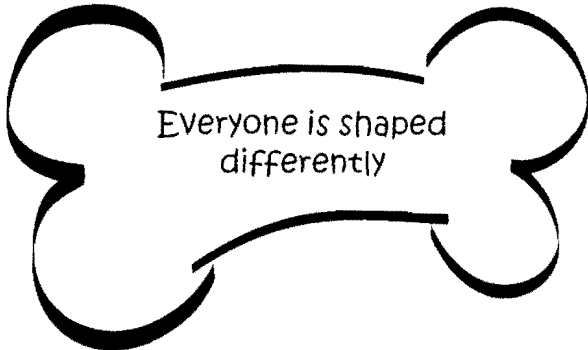
you stay healthy



You need 2-4 servings of



because of the bones  
inside us



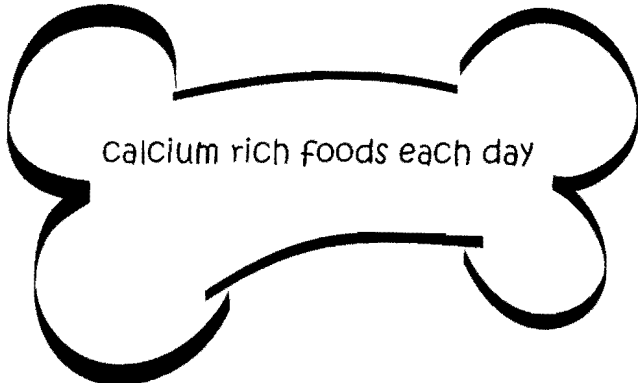
Everyone is shaped  
differently



you need calcium



Being active helps



calcium rich foods each day