Optional Activity

Make your own x-ray picture!

You'll need:

- Black paper or card
- Pencil
- Either white chalk / paint / pencil / crayon
  OR
- White paper cut into thin strips / white paper straws / cotton buds / white lolly sticks
- Glue

Method:

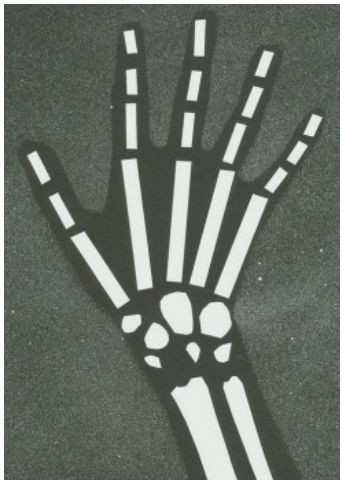
1) Use your pencil to draw around your hand and wrist on your black sheet of paper / card.

2) To create your 'bones' you can do one of the following methods;

- Paint or draw the bones of the hand inside the drawing of your hand.
- Cut up paper / straws / cotton buds / lolly sticks and glue them in position to represent the bones
- Paint your hand with white paint where the bones would be and then press your hand onto the black paper to make a skeleton hand print!

Once you have done your hand x-ray, get creative maybe try making some other bones or a full skeleton of a human or other animal, or even a dinosaur or made up creature!

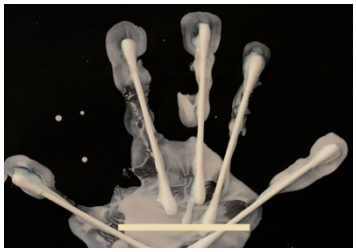
Some ideas:











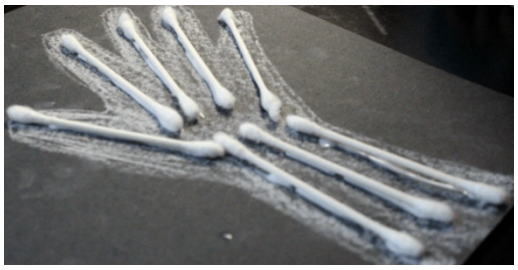


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Labelling the hand bones

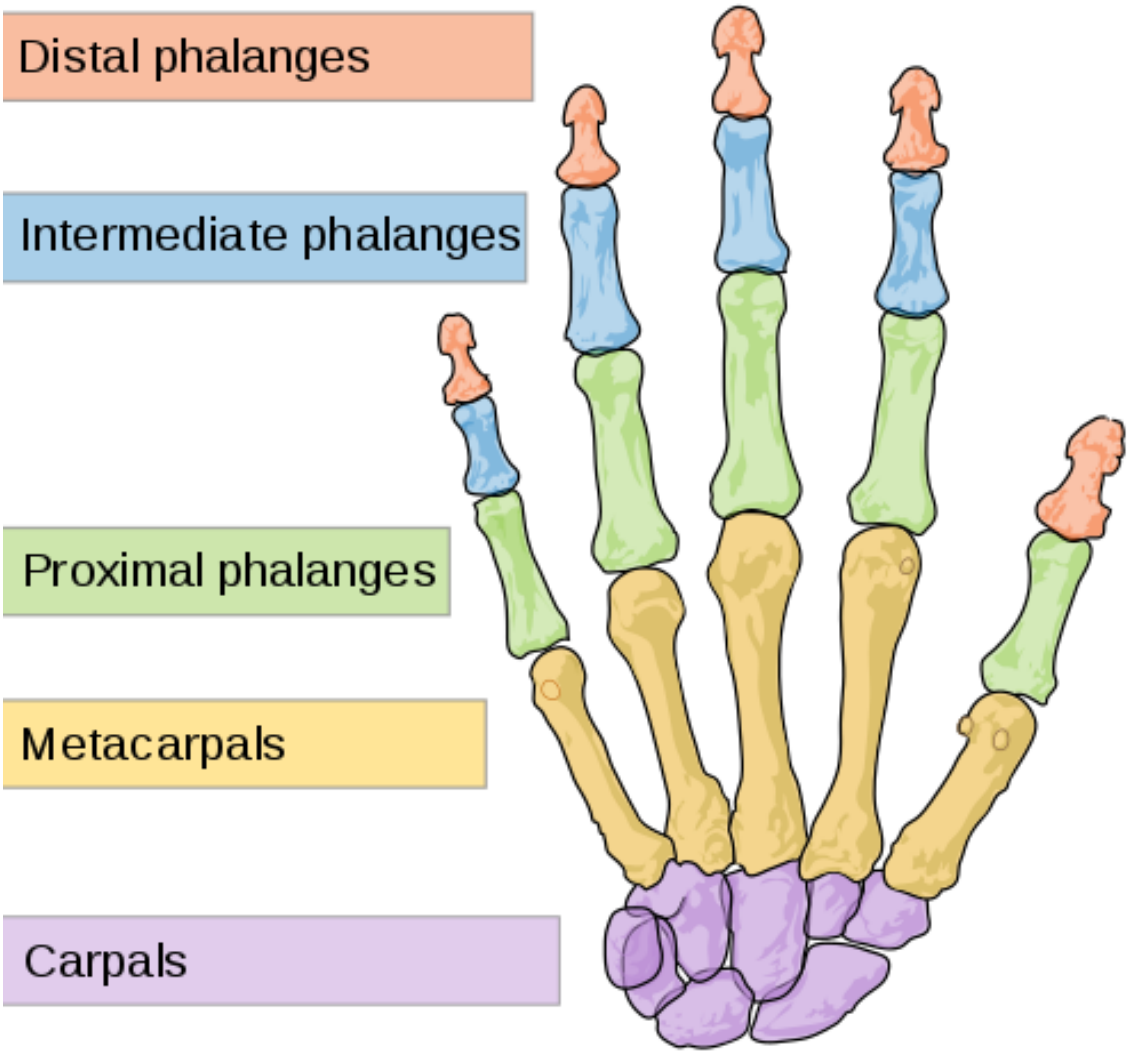


Image source: Wikipedia.org

Extra challenge: can you find out the names of each carpal bone? In anatomy diagrams the phalanges are numbered, can you find out the number for each phalanx?