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## Ready, Set, Move!

Our Skeletons

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Muscles, bones, and brain: three essential elements when it comes to blinking our eyes, nodding our heads, walkin, and running!

Our brains give orders, our muscles move the bones that make up our skeletons. So what do the skeleton do? It provides a framework for the body, enabling us to stand up straight, for instance. Over time, our skeletons have evolved just like our brains, to better respond to our needs. That's why humans and apes are the only animals with opposable thumbs, which allow them to grab objects and use tools!

So how does a skeleton move? Why, thanks to joints, ligaments, tendons, and muscles!

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