





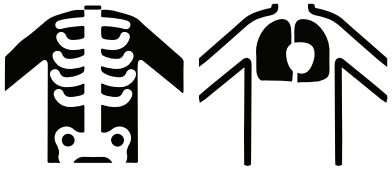
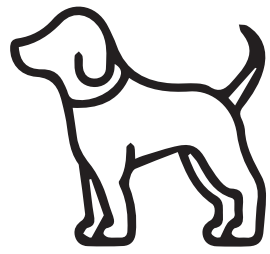


A-Moose-Ta-Cha: Body Facts and Movements!

Check out the **A-Moose-Ta-Cha** video on the **Moose Tube** channel.

Read the facts about the body parts used in A-Moose-Ta-Cha! Then, try out the movements for each body part with a partner, and answer the question below.



Body Part	Did You Know?	Try This Movement!
Thumb 	<p>Human thumbs are opposable. That means that unlike other fingers, the thumb can move around to touch all of the other fingers.</p> <p><small>Source: http://www.nsta.org/publications/news/story.aspx?id=49036</small></p>	<p>Give someone 5 thumbs up!</p>
Elbow 	<p>A silly name for an elbow is a funny bone, even though it's not at all funny when it bangs into something!</p> <p><small>Source: http://www.livescience.com/32215-what-is-the-funny-bone.html</small></p>	<p>Touch your elbow to your knee 5 times!</p>
Foot 	<p>Every foot is made up of 28 bones!</p> <p><small>Source: http://www.arthritis.org/about-arthritis/where-it-hurts/foot-heel-and-toe-pain/foot-anatomy.php</small></p>	<p>Jump up and down 10 times as fast as you can!</p>
Knee 	<p>The knee is the largest joint in the body. It connects the thigh bone to the lower leg bone.</p> <p><small>Source: https://www.britannica.com/science/knee</small></p>	<p>Tap your knees together 10 times!</p>

Body Part	Did You Know?	Try This Movement!
Chest 	<p>Your heart, ribs, and lungs are in your chest.</p> <p><small>Source: https://www.britannica.com/science/thorax</small></p>	<p>Put your hands on your ribs. Breathe in and out deeply 5 times, so you can feel your chest rise and fall.</p>
Tail 	<p>You don't have a tail like an animal, but you do have a tailbone, which is right at the end of your spine.</p> <p><small>Source: https://www.britannica.com/science/coccyx</small></p>	<p>Pretend to be an animal, and wag your tail back and forth 10 times.</p>
Tongue 	<p>Some people can make their tongues into a "U" shape, and some people cannot!</p> <p><small>Source: https://udel.edu/~mcdonald/mythtongueroll.html</small></p>	<p>Try to curl your tongue 5 times! If you can't curl your tongue, stick it out as far as it can go!</p>
Eyes 	<p>When you blink your eyes, you make tears that wipe away dust and germs. People blink about 15-20 times a minute!</p> <p><small>Source: http://www.smithsonianmag.com/science-nature/why-do-we-blink-so-frequently-172334883/</small></p>	<p>Blink your eyes 10 times!</p>

Which movement was the most fun? _____