

The Bones Song

by Kathleen Wiley

Humerus, radius, ulna, carpals, metacarpals, phalanges.

These are the bones of the arms and hands

So let's move on to the rest, if you please,

Femur, patella, tibia, and fibula, tarsals, metatarsals, phalanges.

These are the bones of the legs and feet

So let's move on to the rest, if you please.

Cranium, clavical, sternum and rib cage, pelvis, spinal disc.

Bones of the head and trunk and spine

Are not something we want to put at risk.

Now that we know some bones and their names we know that we have muscles too,

And skin and blood and hair and organs,

All these things make up me and you.