

PARENT NOTES: *Tendons and bones of the hand!*

GIANT HAND



Today we learned about the structure of all the bones and tendons in our hands, and how they help us to curl our fingers and lift things. We built a giant hand with tendons made of string, so that we can see how pulling on the tendons curls up our fingers.

ASK YOUR CHILD

What did you make today?

(Giant hand)

What can you lift with your giant hand?

What are tendons, and how do tendons work?

(They are long strings of connective tissue which connect bones and muscles, for example in our hands. The movement of the tendons help us bend and straighten our fingers).