

Muscles Help Me Move

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Understanding Our Amazing Body

Name: _____

Date: _____

Answer the questions about muscles and how they help us move.

1. What do muscles help us do? Circle the correct answer.

See

Move

Sleep

2. Muscles are hard and stiff.

True

False

3. Muscles work with our ____ to help us move.

4. Draw a line from each muscle action to what it helps us do.

Lift something

Use arms

Wave hello

Use legs

5. Are muscles soft and stretchy? Circle the correct answer.

Yes

No

6. Different muscles do the same job.

True

False

7. I am fearfully and ____ made.

8. What can you show with your muscles? Circle the correct answer.

How to sleep

How to move

How to eat

9. Muscles help us move our arms and legs.

True

False

10. God made our bodies ____ and special.

Answer Key

1. Move 2. False 3. bones 4. 0 5. Yes 6. False 7. wonderfully 8. How to move 9. True 10. wonderful