



Today's at-home learning theme:

Muscular System



- Start your day with this introduction video by Clarendon Learning:
<https://www.youtube.com/watch?v=OSsntU6sTWI&t=1s>
- Try these exercises to feel your muscles work with Adventures in Mommydom:
<http://adventuresinmommydom.org/science-sunday-learning-muscles-exercising/>
- Use this interactive muscle map by Inner Body to learn about the different muscles in your body: <https://www.innerbody.com/image/musfov.html>
- If you have some tinker toys, you can make your own muscle with Sylvan Learning:
<http://www.sylvanlearning.com/blog/index.php/how-muscles-work/>
- Or you can make your bones and joint with cardboard and a paper clip with Kids' Activities: <https://kidsactivitiesblog.com/17436/how-do-muscles-work>
- Make your own bionic hand with Living Life and Learning:
<https://www.livinglifeandlearning.com/muscular-system-hand-craft-for-kids.html>
- Go through three different stations to feel the three different types of muscle with The Classroom: <https://www.theclassroom.com/muscular-system-science-experiments-6296012.html>
- Grab some tape and do this Muscle Match activity from Classroom: <https://classroom.synonym.com/games-activities-muscular-system-5894450.html>
- Listen to Mrs. Lozano read *Muscles* by Justin McCorry Martin:
<https://www.youtube.com/watch?v=JbYgRXa0jSA>

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