

* 5.1. Skeleton

Sometimes skeletons look scary. Skeletons are not scary. People, and many animals, have a skeleton inside their bodies.

A skeleton is a hard, strong **frame** that supports our bodies from the inside.



Our skeletons are made of many different bones. These bones are different sizes and shapes.

What are skeletons made of?

Skeletons are made of **bone**. Bones are very hard and strong. You can feel the bones of your skeleton through your skin.

The main functions of the skeleton are growth, movement, support and protection.