

**Count With Me Anatomy**

**Materials:**

1. Pencil
2. Paper
3. Pipe cleaners or toothpicks or construction paper
4. Scissors
5. Glue or tape

**Steps:**

1. Watch the video and follow along
2. Trace your hand on a piece of paper
3. Count the digits (fingers) on your hand
4. Label the digits on your trace (D1,D2,D3,D4,D5)
5. Draw lines on your trace that cross over each joint in all your digits (fingers and thumb)
6. Take your chosen material (Pipe cleaners or toothpicks or construction paper) and use the lines you drew to measure where you need to cut your material
7. Cut your material so it fits in-between each space
8. Glue or tape your material to the spaces
9. Count the number of bones in your hand
10. Add the number of bones in each hand together

**Fun Fact:**

The words proximal and distal are used to describe location of a body part in relation to another body part. From an anatomical point of view, “any anatomical element located near the root of the limbs is said to be proximal and, conversely, any element distant from the root of the limbs is said to be distal.” Reference: <https://www.elsevier.com/fr-fr/connect/anatomie/generalites-en-anatomie-pour-les-staps>

For Example: Think of the wrist as root of your hand. The bones closet to the wrist are proximal and the bones furthest from the wrist are distal. That is why distal and proximal are used when describing the phalanges.

****