



Muscles and moving

Muscles move our bodies.

Our bodies have muscles.

You can feel them in your arms and legs.

We use our muscles to move our bodies.



Muscles in your face
make you smile.



We can feel the muscles between our hands and our shoulders go tight when we lift something heavy.

muscles



Muscles in your arms show up if you hold heavy weights.

muscles

Can you make the muscles in your neck nod your head?