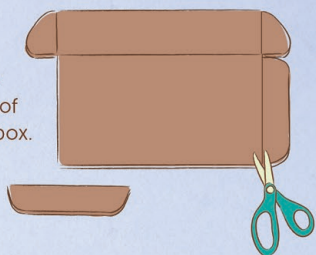


rubber-band arm

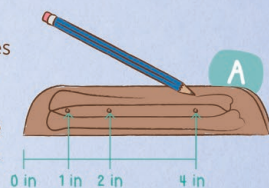
Create a model and see how your muscles work together to move your arm.

- 1 Cut the two side flaps off the top of your Kiwi Crate box.



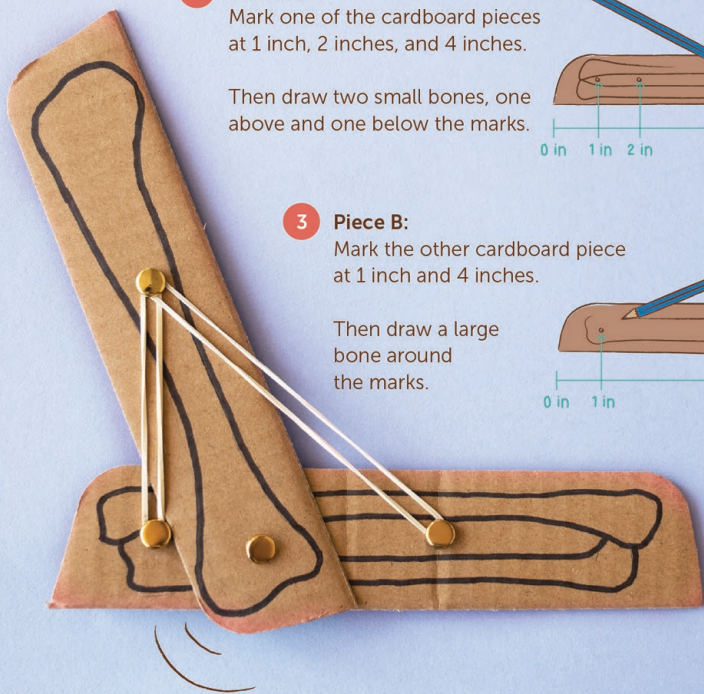
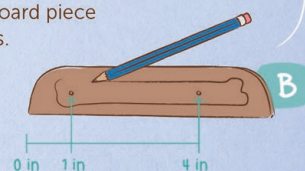
- 2 **Piece A:**
Mark one of the cardboard pieces at 1 inch, 2 inches, and 4 inches.

Then draw two small bones, one above and one below the marks.



- 3 **Piece B:**
Mark the other cardboard piece at 1 inch and 4 inches.

Then draw a large bone around the marks.



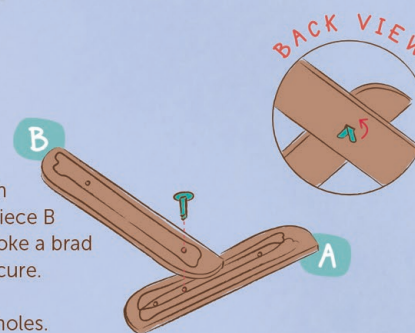
You'll need:

- | | |
|---|--|
| <input type="checkbox"/> Kiwi Crate box | <input type="checkbox"/> ruler |
| <input type="checkbox"/> 4 brads | <input type="checkbox"/> scissors |
| <input type="checkbox"/> 2 rubber bands | <input type="checkbox"/> pencil or pen |

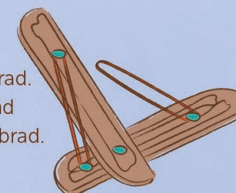
or cardboard

- 4 Poke a hole through each dot with a pencil. Line up the end hole in piece B with the middle hole in piece A. Poke a brad through the holes and open to secure.

Then add brads to the remaining holes.



- 5 Stretch one rubber band around the bottom left brad and the top brad. Stretch another rubber band around the bottom right brad and the top brad.



- 6 Open and close the bones to see how your biceps and triceps muscles pull and stretch to move your arm!

