See What We Can Do, See Where We Can Go!
Acknowledgments

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Recommended Reading Age:
3 to 6 years old

This guide has been prepared based on scientific and professional literature. It is presented for educational purposes; it should not be construed as medical diagnosis or treatment advice. Please consult a physician or appropriate healthcare provider for questions specific to your situation.

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Our body has many different parts that all work together. Some of these parts are our arms, legs, brain, and spinal cord!

Can you name a body part?
Two of the most important parts of the body are the brain and spinal cord! The nerves help your brain and spinal cord send messages to help your body move and feel.
The **brain** is in charge of our body! It works with the spinal cord.

The **spinal cord** helps you feel and move.

What is my job?
The **spinal cord’s** job is to send messages between the brain and the rest of your body. It works very hard to help you do things – like walking, coloring, and even playing!
ACTIVITY BREAK: COLOR THE SPINE

Credit: Miguel Najarro
Did you know?
Giraffes and humans have the **SAME** number of bones in their neck!

7 bones!!
What happens if the spine gets hurt?

There are different reasons the spinal cord gets hurt. When it gets hurt, it is called a spinal cord injury. It may be hard to move parts of the body, like arms or legs.
Many people with spinal cord injuries go to therapy to learn new ways to move their body and get stronger.
Let’s meet some kids and grown-ups with spinal cord injury.
My sister has a spinal cord injury!

Mine too!
My Mom and I both have a spinal cord injury!

Selfies with my mom!
My dad has a spinal cord injury.
My brother has a spinal cord injury.

We are so silly!
Our teacher’s service dog helps her in the classroom.

Making friends at the library.
We have a spinal cord injury and we still do things we love!

I like to play music.

My brother and I like to play games together.
We like to play basketball.

We like flying kites!
We like to play outside.

Camping is our favorite.
I like to paint.

Petting my chicken with my mouth stick.
My dad’s a farmer.

My dad is so fast!
We like to snuggle up on the couch.

Fun in the sun!
Maybe I’ll be a pilot someday!

What do you want to do when you grow up?
The sky is the limit!

ACTIVITY BREAK: DRAW YOURSELF!

Draw what you want to be when you grow up.