Name: _____ Date: _____

Calluses: Tough Skin You Grow Yourself

Circle group

Feel the fingertips of a guitar player. You may find hard, thick patches. They are called calluses.

Your skin has a top layer. It keeps the soft parts under it safe. When something rubs one spot again and again, the skin there grows thicker. It guards itself. A callus is extra skin where you need it.

Gardeners get calluses on their palms from tools. Kids on monkey bars may get them on their fingers. People who walk barefoot may get them on their heels.

A sudden rub is not the same. The skin has no time to get thick. A blister may pop up. A blister is a small bubble with clear liquid. Shoes that fit well and gloves can help.

Questions

1. What are calluses?

_____

_____

2. What does the top layer of skin do?

_____

_____

3. What makes skin grow thicker in one spot?

_____

_____

4. Where might a gardener get calluses?

_____

_____

5. What is a blister?

_____

_____

6. Why might tight new shoes cause a blister, not a callus?

_____

_____

Words to know

callus: a thick, hard patch of skin made by rubbing
layer: one flat covering on top of another
patches: small areas that look different from what is around them
blister: a small bubble on the skin filled with clear liquid
guard: to keep safe from harm

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Calluses: Tough Skin You Grow Yourself

Triangle group

Run your thumb over the fingertips of someone who plays the guitar. You may feel hard, thick patches. These patches are called calluses.

Skin has a top layer that protects the soft parts underneath. When something rubs or presses on one spot again and again, the skin there gets a message. It grows thicker to guard itself. A callus is just extra skin built where it is needed most.

You can find calluses in many places. Gardeners get them on their palms from holding tools. Kids who swing on monkey bars may get them near the base of their fingers. People who walk a lot barefoot can have them on their heels.

Calluses are helpful, but a sudden rub is different. If skin is rubbed hard before it has time to thicken, a blister can pop up. A blister is a small bubble filled with clear liquid. Wearing shoes that fit well and gloves for rough jobs can help stop both.

Questions

1. What are calluses?

_____

_____

2. What does the top layer of skin do?

_____

_____

3. What makes skin grow thicker in one spot?

_____

_____

4. Where might a gardener get calluses?

_____

_____

5. What is a blister?

_____

_____

6. Why might a new pair of tight shoes cause a blister instead of a callus?

_____

_____

Words to know

callus: a thick, hard patch of skin made by rubbing
layer: one flat covering on top of another
patches: small areas that look different from what is around them
blister: a small bubble on the skin filled with clear liquid
guard: to keep safe from harm

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

Name: _____ Date: _____

Calluses: Tough Skin You Grow Yourself

Square group

Run your thumb across the fingertips of someone who plays the guitar every day, and you will probably feel hard, thick patches of skin. Those patches are called calluses.

Skin has a top layer that protects the soft parts beneath it. When something rubs or presses on the same spot again and again, the skin there receives a message and grows thicker in order to guard itself. A callus is simply extra skin built exactly where it is needed most.

Calluses appear in many places. Gardeners develop them on their palms from gripping tools, children who swing across monkey bars may get them near the base of their fingers, and people who often walk barefoot can have them on their heels.

Calluses are helpful, but a sudden, harsh rub is different. If skin is rubbed hard before it has time to thicken, a blister can pop up, which is a small bubble filled with clear liquid. Wearing well-fitting shoes and putting on gloves for rough jobs can help prevent both.

Questions

1. What are calluses?

_____

_____

2. What does the top layer of skin protect?

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_____

3. What makes the skin grow thicker in one spot?

_____

_____

4. Why might a gardener develop calluses on the palms?

_____

_____

5. What is a blister?

_____

_____

6. Why might a pair of tight new shoes cause a blister instead of a callus?

_____

_____

Words to know

callus: a thick, hard patch of skin made by rubbing
layer: one flat covering on top of another
patches: small areas that look different from what is around them
blister: a small bubble on the skin filled with clear liquid
guard: to keep safe from harm

Talk together (every group has these)

1. Find one fact that every group read. How did your sheet say it?
2. What did your sheet tell you that you think another group's did not? Ask them.
3. What is one question about this topic that none of the sheets answered?

For the teacher: Calluses: Tough Skin You Grow Yourself

Each student sheet carries a shape, not a level. The same topic and facts, written three ways.

Circle: Calluses: Tough Skin You Grow Yourself

Easier · 121 words · Flesch-Kincaid grade 2.2

1. Hard, thick patches of skin.
2. It keeps the soft parts under it safe.
3. Rubbing on it again and again.
4. On the palms of the hands.
5. A small bubble with clear liquid.
6. The rubbing is sudden, so the skin has no time to get thick.

Triangle: Calluses: Tough Skin You Grow Yourself

This passage · 161 words · Flesch-Kincaid grade 4.1

1. Hard, thick patches of skin.
2. It protects the soft parts underneath.
3. Rubbing or pressing on it again and again.
4. On the palms of the hands.
5. A small bubble filled with clear liquid.
6. The rubbing is sudden, so the skin has no time to thicken first.

Square: Calluses: Tough Skin You Grow Yourself

Harder · 171 words · Flesch-Kincaid grade 7.5

1. Hard, thick patches of skin.
2. The soft parts beneath it.
3. Rubbing or pressing on the same spot again and again.
4. From gripping tools.
5. A small bubble filled with clear liquid.
6. The rubbing is sudden, so the skin does not have time to thicken first.