

## Spelling list: Body. arms

A list of words for English spelling and vocabulary help and learning. For further help, teaching and lessons about spelling please try our spelling course.

arm	The <b>arm</b> is one of two upper limbs on the human body.
armpit	The <b>armpit</b> is the hollow under the arm at the shoulder.
elbow	The <b>elbow</b> is the joint between the upper arm and forearm.
finger	A <b>finger</b> is one of four slender digits on the human hand.
fingertip	A <b>fingertip</b> is the end of a finger.
fist	A <b>fist</b> is made by curling the fingers in towards the palm.
hand	The <b>hand</b> is the end part of the arm.
index	The <b>index</b> finger is the finger next to the thumb.
knuckle	A <b>knuckle</b> is the lower finger joint.
middle	The <b>middle</b> finger is the finger between the index and ring fingers.
nail	A <b>nail</b> is a plate covering and protecting part of a finger or toe.
palm	The <b>palm</b> is the inner surface of the hand.
ring	The <b>ring</b> finger is between the middle and little fingers.
thumb	The <b>thumb</b> is the thick short innermost digit on the hand.
wrist	The <b>wrist</b> is the joint between the hand and the forearm.