

Where is Everything?

Fun with Body Mapping Awareness Games

for ages 5 - 11 for groups and private lessons

Here are further instructions for two of the game experiments I shared in the "Where is Everything" videos for the spine and head.

SPINE TRACE - landmark your long and curvy spine

Two children partner up. One child will have their spine traced, the other child will do the Spine Trace. The child having their spine traced will have their back facing the child doing the trace. The Spine Tracer will pause, do their Ready List then bring their non-dominant hand to the top of their partner's spine at the base of the skull. This is the part of the spine we can feel, but the body of the spine is deeper in the center of the body. The Spine Tracer will then softly wiggle the vertebrae of their partner down the length of their spine. Thinking their Ready List as they go. When they come to the sacrum, they use the palm of their hand to landmark the sacrum which is the size of the palm of your hand. The child who had their spine traced shares how that felt, and then the partners switch places. Say thank you to each other and switch places. The teacher can also be the Spine Tracer

Variations:

- This experiment can also be done while the child who is having their spine traced is laying in prone position. The Spine Tracer will sit on the floor next to the child and do the spine trace the same as above.
- If working with a group of children, they can all lay down in prone position as the teacher walks around and asks if the children would like their spine traced. If they do, then the teacher can go from child to child and trace their spines. This is lovely to do with soft music playing.
- An alternative to wiggling the vertebrae, is to use your knuckle to weave down and around the side of each vertebrae. This eliminates touch from being too pinchy if the vertebrae are wiggled. The Spine Tracer always asks how their touch feels and adjusts their pressure accordingly.

HUMAN SPINE TRAIN - head leads body follows

I have played this game with as few as 5 children and with as many as 25. Ask the children to find size order. It's fun to watch them figure this out. Smallest children in the front to tallest children in the back. Let the first few children know they are the cervical spine, the middle children are the thoracic spine and the ending children are the lumbar spine and the last child is the sacrum. If you have a lot of children you may be able to count out exactly 7 cervical, 12 thoracic, 5 lumbar children and 1 sacrum. You can let them know where they are in the body...the ribs are attached to you, you are behind the throat, you are behind the nose, you are behind the belly button...etc... Ask the children to gently hold on to the shoulders or the waist of the child in front of them. The teacher is the first person in line and wears the googly eyes the last child, the sacrum wears the tail. Once everyone is in place and holding on the teacher begins to walk around the space and the spine of children begin to follow with the tail coming along last. This is quite fun. You can walk in circles or curves or zig zags and at different speeds. Or how does it feel when the spine moves stiffly, easily...you can go on and on.