



Exploration I

Body parts as our eye.

It brings awareness throughout the periphery of our body. Sense alignment. Develops harmony between the sensitivity of body awareness and intelligence of brain and heart.

MY NAME IS _____

I began this exploration on (date) _____

Please follow the order from Day 1 onwards. Give a 'tick' on the list below of those that you have completed:

- DAY 1 Discover feet, heel, ankle, toes, shin, calf, knee and thigh
- DAY 2 Discover pelvis, hip joint, tail bone and sit bone
- DAY 3 Discover abdomen, lower back, mid back and upper back
- DAY 4 Discover chest, heart, rib cage, shoulder, arm and shoulder blade
- DAY 5 Discover head, neck, forehead, chin and crown of skull

Dear Parents,

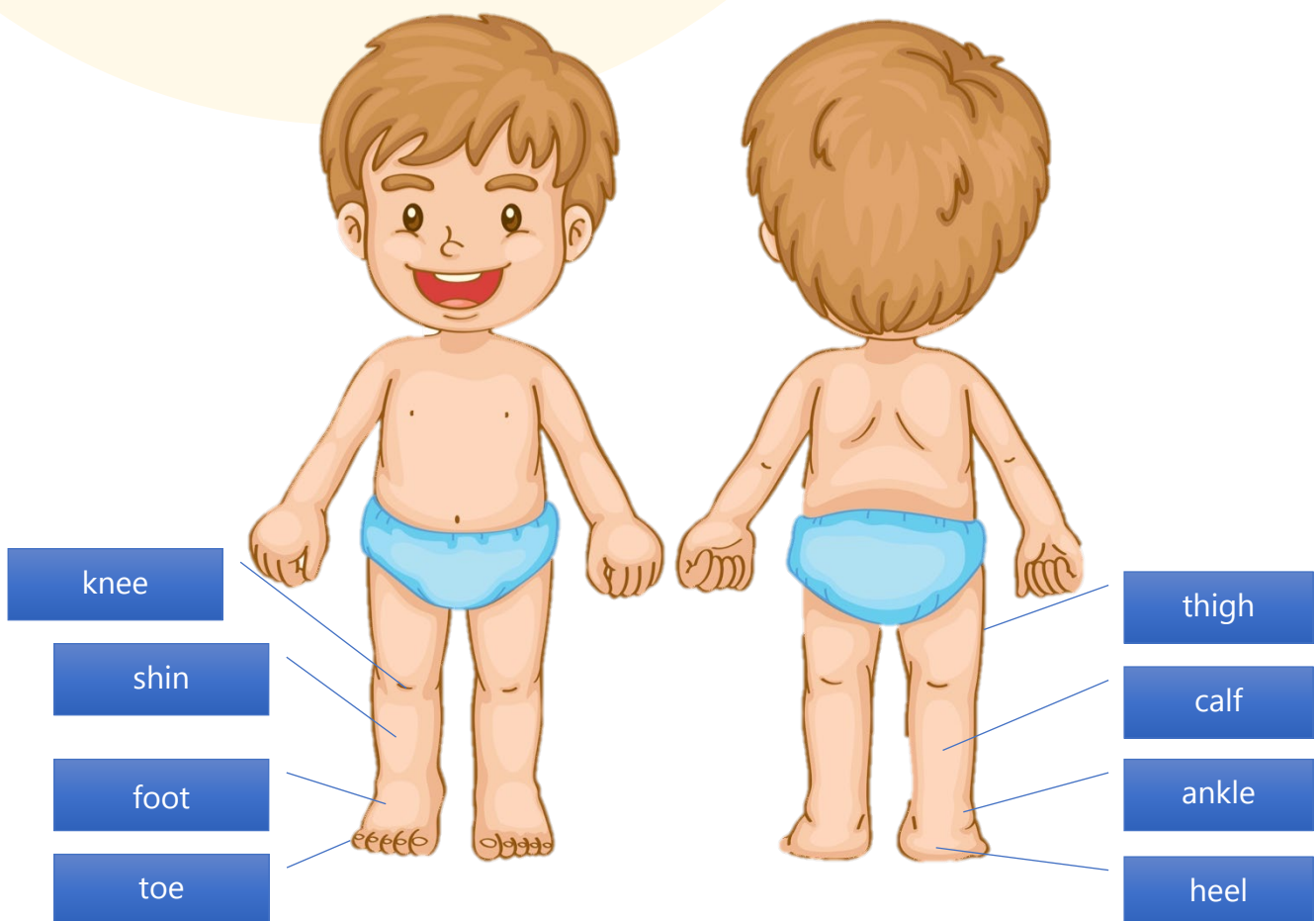
There should be a mutual understanding between parent and child on this exploration of body part discovery. The context is elaborated for parent(s) to guide your child into the process of self-discovery. Videos are made available as reference to guide you for better understanding that can be viewed in the members' portal. Also, join our community on the Facebook group page where parents come together to share their involvement, ideas and activities. There could be terms used throughout the exploration which may not be familiar to either one of you, however, you are free to make your own choice of words to describe the actions to improve the communication between parent and child. Enjoy the process of inclusivity, love and self-inquiry.

Day 1 – lower region of your body

Discover your legs and beyond

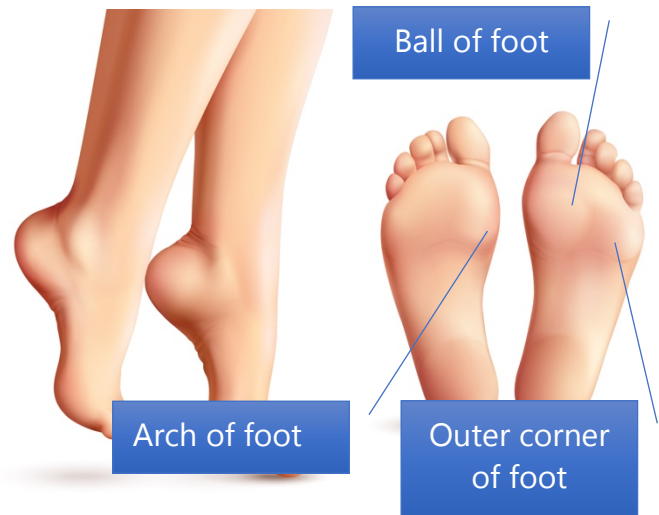
Our legs and feet support the upper region of our body. They carry the weight of our internal organs and spine and also support our head and the weight of our upper body's muscles and bones. It is important that we take good care of our legs as they are the foundation of our body, like the function of a tree. Good strong roots support the weight of the entire tree. Our legs are just like the roots of the tree. We should take good care of our feet and keep our legs strong and joints happy. We want our body to be in good alignment by being sensitive to the interface between the skin and flesh.

Let us try to follow the actions recommended for each part of your lower body so you can gain a better understanding. Go through the parts below with your child. Get familiar together as you go.



Feet and heels

1. Wiggle your toes and feel them spreading out like a fan as they touch the floor. Feel the sensation of your toes on the floor, the ball of your feet and your heels pressing against the floor. Take a few steps and observe the sensation on your feet as you walk around.
2. Sit down with your legs stretched straight forward, with heels on the floor and toes facing up towards the sky. Pretend that you are pressing on a pedal of a car. This foot-moving action is called 'dorsi flexion'.
3. Now, try standing up and lifting your heels up away from the floor, tip-toeing as you walk about. You can also do the same when you are sitting down with the legs stretched forward, and then point your toes forward like you are on tippy toes. This is called 'plantar flexion'.
4. Go on, have fun by walking with your feet switching between plantar flexion (heels up) and dorsi flexion (heels down) as you go. Are you able to hold in plantar flexion for a minute?
5. Find out where the outer corners of your feet are.
6. Find out where the arches of your feet are. Can you spot the difference between yours and your friend's or your parent's?
7. Press the balls of your feet and your heels firmly to the floor as you spread your toes. Can you feel that you are standing evenly on both sides?



Parent, help your child to write down how they feel as they explore parts of their feet:

Ankles

1. Notice the little hard bumps at the outer sides of your feet? They are your ankle joints. We have them on the outer sides of both our feet.
2. Now, sit down comfortably with your legs stretched forward. Relax your whole body.
3. Bring your awareness to your ankle joints. Now, maintain your awareness on your ankle joints as you move and rotate your feet clockwise. Try to move both feet simultaneously for a few rounds.
4. Repeat the rotation again but this time, counter-clockwise.
5. This time, move with your breath. Inhale, rotating from your starting position and exhale as you return back to the starting position.



Write down how you feel as you rotate your ankles in the space below:

Toes

1. We all have ten cute little toes that we can work with. The big toe connects deeply to the core of our being and it helps us to feel rooted to the ground and centered in our body when we press it firmly to the ground. Try this a couple of times and note down how you feel.
2. Next, try clenching your toes and hold there for 5 seconds before you let go. Do this a few times.



Write down the sensation in your feet in the space below:

Shins and Calves

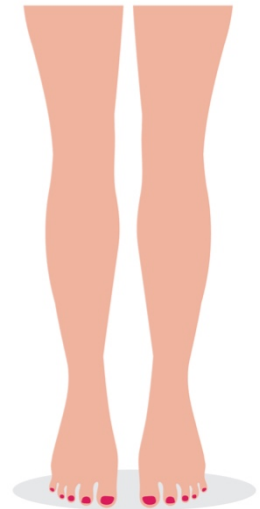
1. Notice how you feel in your shins and calves when you are skipping.
2. Now, lie down on the mat as you face the wall. Bring your feet close to the wall with your heels and balls of your feet on the wall. Press your heels firmly on the wall and allow your toes to curl inwards towards you. Can you feel a tight sensation in your calves?
3. Remain in the same position but this time, point your toes to the wall. Notice how you feel in your calf muscles. Are they relaxed?

How do you feel?



Knees

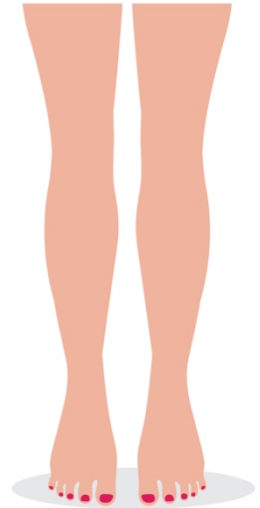
1. Sit on your mat and bring your knees together as shown in the picture. Now, contract your knee caps by extending your legs. Press your heels away from your bottom, then strongly dorsiflex your feet and notice how your knee caps move inwards and upwards towards your thighs. Release by relaxing your legs and repeat a few times.
2. Now, stand up with legs together, resting your knees together. Place your palms on your knees and start to rotate your knees together in a clockwise direction. Repeat a few times.
3. Then, repeat counter-clockwise for a few times.



Write down how you feel in the space below:

Thighs

1. Be in a standing position with legs together but keep your feet apart, as wide as your hips. Now, forward bend from your hips and bring your palms to your shins. Bring your awareness to the skin of your thighs. Notice how your front thigh muscles contract and the back of your thigh muscles expand?
2. Now, squat down and notice the different sensations in your thighs.
3. Next, from a standing position, bend your knees and jump up high. Catch the sensation as you go.

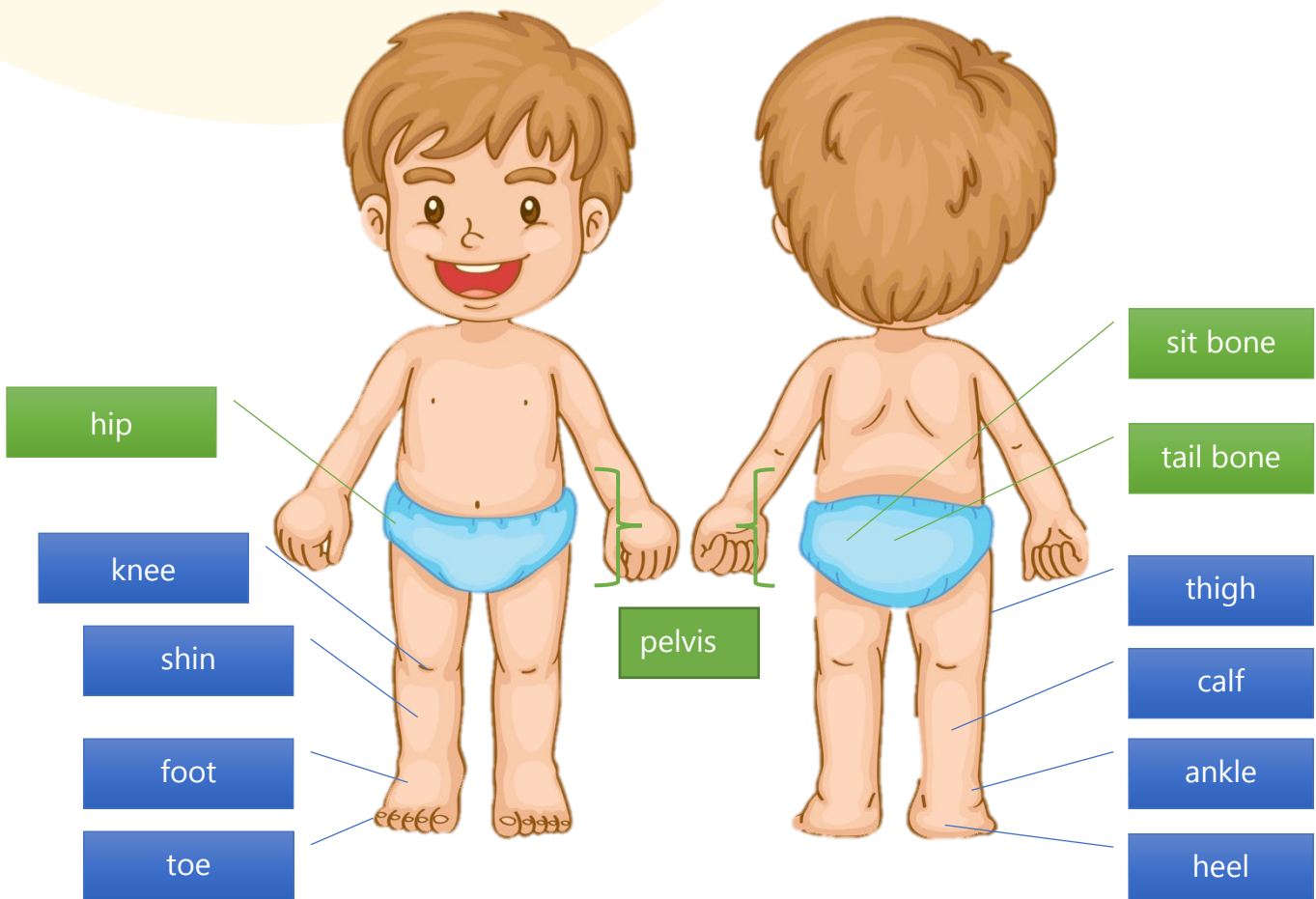


Write down how you feel in the space below:

Day 2 – mid region of your body

Discover your pelvis and its surroundings

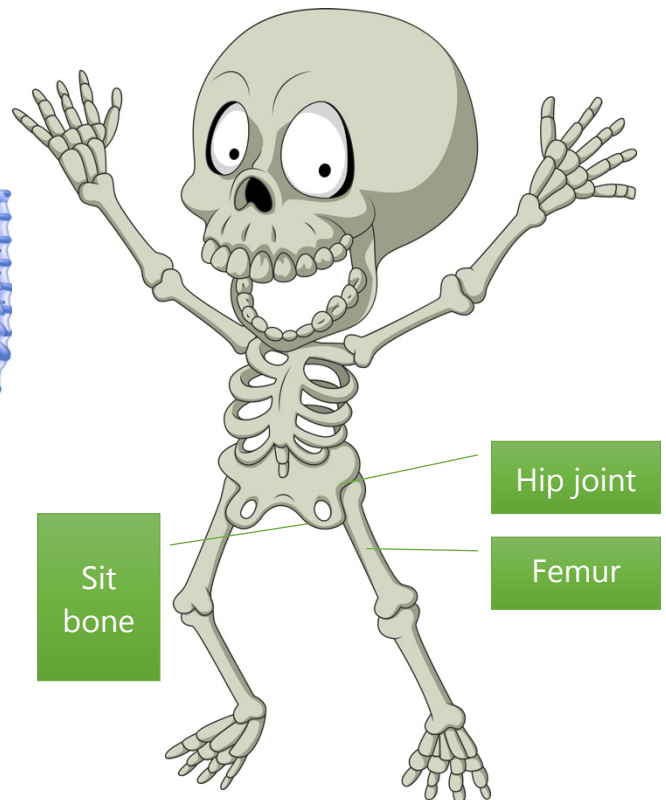
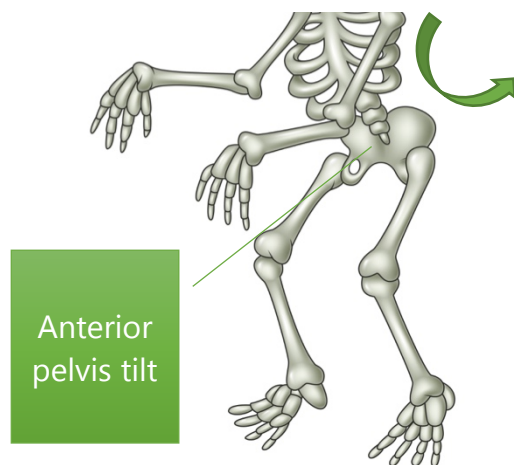
The pelvis connects your legs with the upper part of your body. It is the house of the digestive system and elimination system. We process most of our food here and it is also where the process of nutrient absorption takes place. We want to promote circulation of blood, heat and air in the space of our pelvis so it can help all the other processes taking place in the upper body region and all the others go more smoothly.



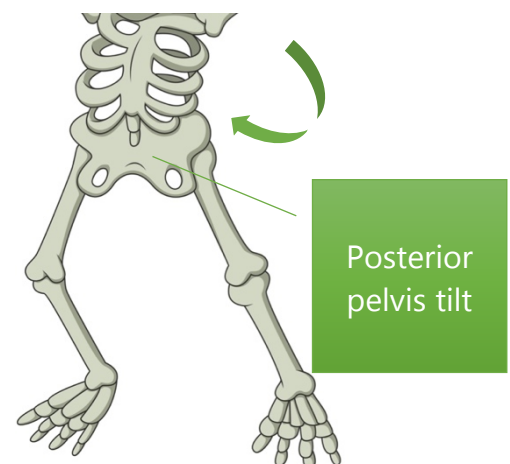
Pelvis and hip joint in relation to tail bone and sit bones

The difference between the hip and pelvis is that the hip joint is a ball-and-socket joint between the pelvis and femur, and the pelvis is a large bone structure located in the lower part of the body. The hip joint connects the pelvis and femur and the pelvis connects the spinal column and legs. The tail bone is the last bone of the spine at the bottom.

1. Alternate moving your pelvis in an:
Anterior Pelvis tilt - The tail bone of the spine and your bottom sitting bones are lifting upwards towards the lower back.



Posterior Pelvis tilt - The tail bone of the spine and your bottom sitting bones are moving downwards towards the front of the pelvis, which is curving upwards towards your navel.



2. Draw circles with your legs while standing. Feel the sensation in your hip joints as you do so. There are 6 movements at the hip joints in which you can explore. Parent(s), be creative with your choice of words to help the child understand the movements.



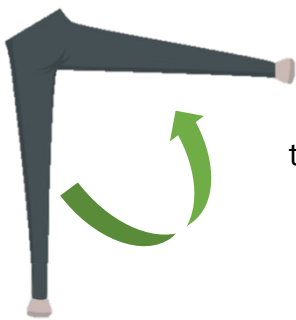
Flexion

Face forward while standing, lift your right leg up and pretend that you are about to kick a ball. This is a right hip flexion.



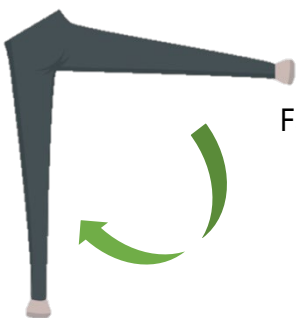
Extension

Face forward while standing, swing your leg back and pretend that you want to kick a wall behind you. This is a right hip extension.



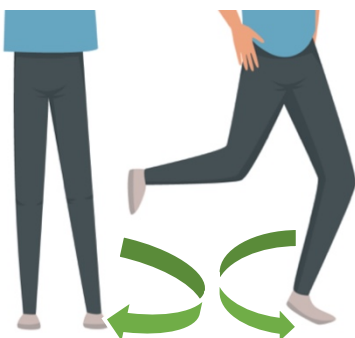
Abduction

Face forward while standing and move your right leg outwards towards the outer right side.



Adduction

Face forward while standing and move your right leg inwards towards your other leg.



External rotation

Turn your foot facing outwards to the side by spinning or rotating your thigh outwards to the side.

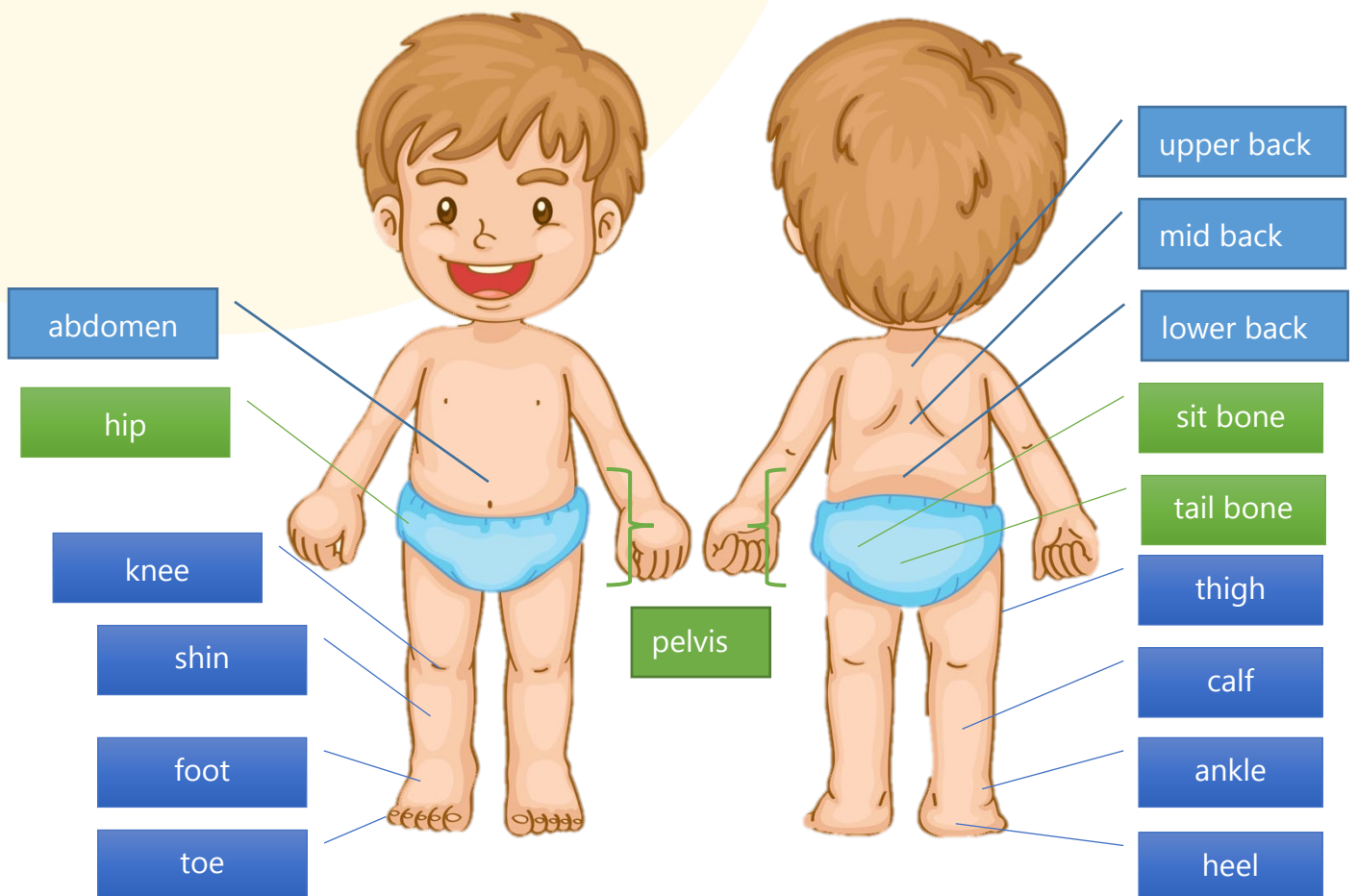
Internal rotation

Turn your foot facing inwards towards the other leg by spinning or rotating your thigh inwards to the inside.

Day 3 – upper region of your body

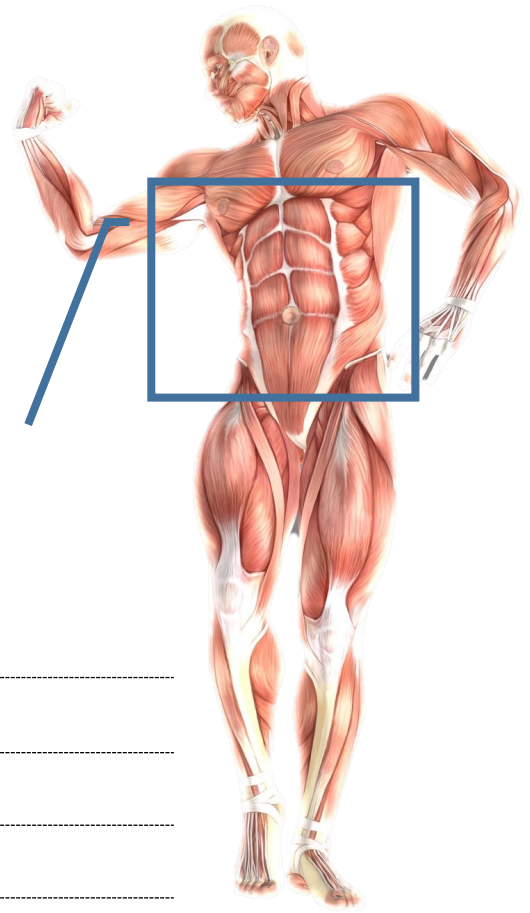
Discover your abdomen and your back

Your abdomen is the space where you have parts of your stomach, liver, kidney, pancreas, gallbladder, and segments of the intestines connecting to the other parts of the body. With a strong abdominal muscle, it will help to support your lower back. If we have a heavy belly, pressure may occur on our lower back as it has to support the weight at the front of our body.



Abdomen

1. Place your palm on your abdomen. Can you feel the movement of your palm moving upwards and downwards as you breathe in and breathe out?
2. Now, from a standing position, do a squat and then stand up again. Repeat as many times as you can. Once you have done enough, can you feel something is happening to your abdomen as your heart is beating faster and faster?



As you are calming down, jot down your experience:

Arch your lower back

1. Stand by the wall. Measure one leg length apart from the wall. Face away, with your back towards the wall.
2. From the standing position, stretch your arms up in the sky. Extend your arms super straight as though you are about to catch the stars in the sky.
3. Next, lean back and stretch your arms back and see if you can reach for the wall behind you. Bend your knees if you need to. Try not to turn your head and look back but look up towards your fingers and reach behind.

Did you experience yourself expanding like a sun in your chest as you ground your legs on the floor?

Squeeze your mid back and upper back

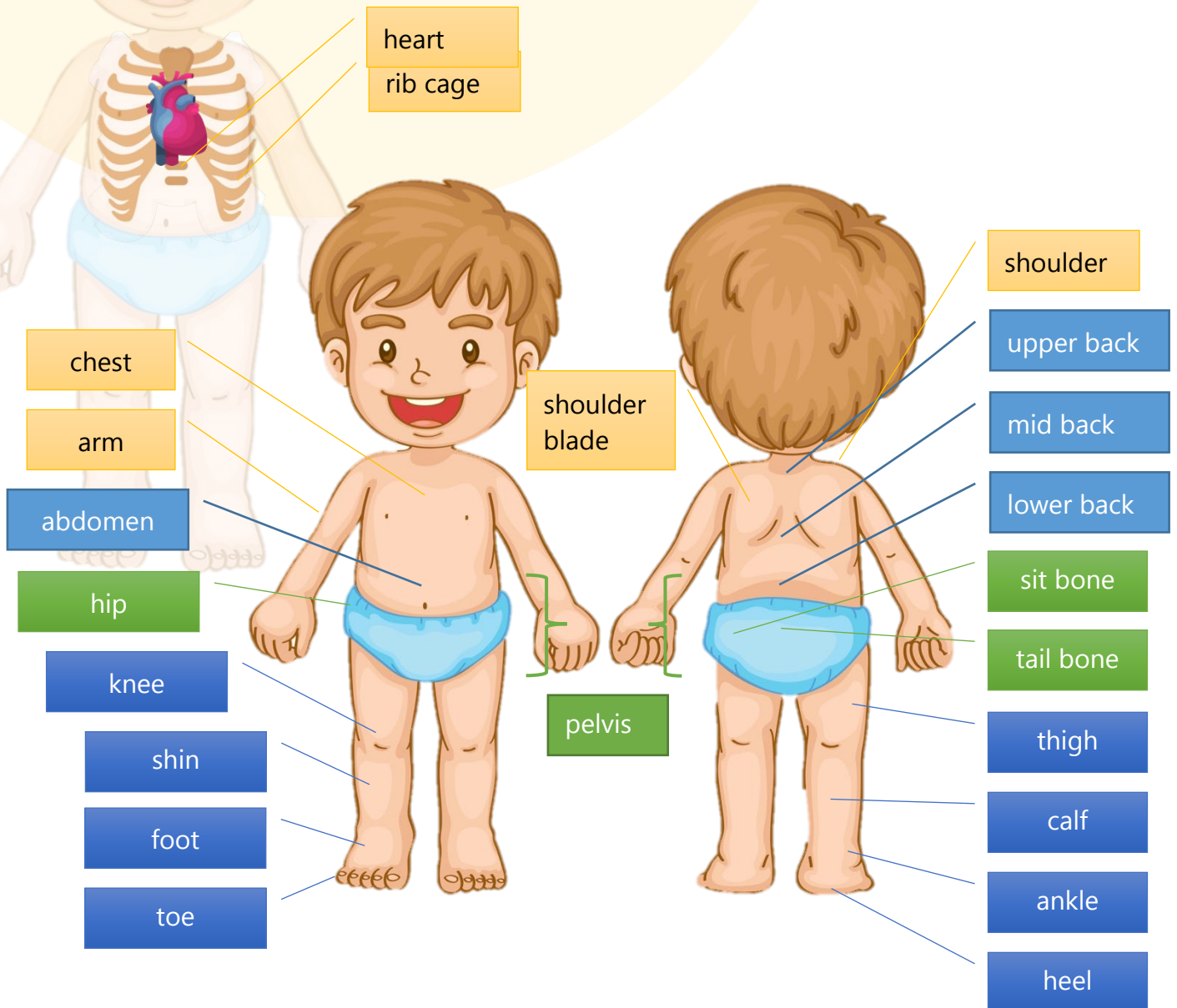
1. Find yourself seated comfortably, then round your arms back and interlace your fingers. Bring your fingers as close as possible, even perhaps pressing the heel of your wrists together and straightening your elbows. Straighten your arms as much as you can go. Did you experience the muscles of your mid back and upper back drawn towards the midline of your back as you straightened your arms with fingers interlaced? Ensure that your upper shoulders are relaxed.
2. Now, repeat again but imagine a ball that you are trying to hold against your back with your arms. Can you keep the ball still?

What do you feel that is happening in your mid back and upper back?

Day 4 – upper region of your body

Discover your willpower house and shoulders

The space of your chest is the place where the ribcage and your internal organs such as your lungs and heart are, and where a whole lot of other processes are happening. The air that you breathe goes in and out through your nose and circulation, which occurs in that space, takes places in 5 different ways. Sometimes the air goes upwards, or it goes downwards; sometimes it goes outwards from your heart and sometimes it goes in a spiral movement. Air can also circulate inwards.



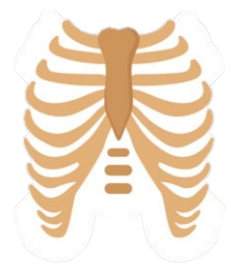
Chest

1. Lie down in a comfortable position and close your eyes.
2. Rest your right palm on your chest and the other palm on your abdomen. Try to feel and listen to the pulse of your heartbeat.
3. Now, breathe in through your nose, mentally counting from one to three.
4. Breathe out through your nose, mentally counting from one to four.
5. Repeat a few times and notice the movements in your chest and abdomen.

Do you feel the movement of your chest going up and going down as you breathe in and breathe out? When you breathe in, does your abdomen goes up first before your chest goes up? And when you breathe out, which comes first? Is it your chest or your abdomen?

Heart and rib cage

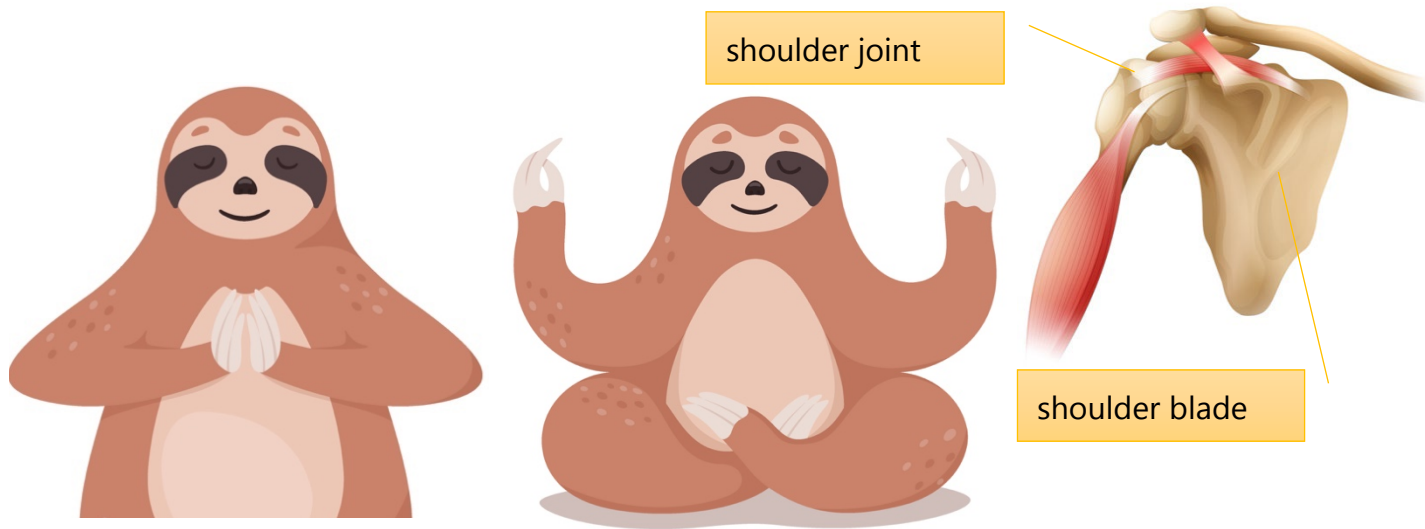
Did you know that the better you breathe, the better you are in terms of circulating blood, heat and air in your body? The smoother your in-breath and out-breath and the fuller your lungs, you are actually providing fuel to the space of your heart that sits under your rib cage. This would charge up your willpower house that flourishes at the space of your heart.



Let's take notice of your breathing patterns.

1. Now, place your fingers on the sides of your body, close to your stomach. You should be able to feel your rib cage bones. They fan out like wings as you breathe in.
2. So, take a good in-breath as you breathe in slowly. Notice how your rib cage expands.
3. When you breathe out, notice how much your rib cage goes down as it contracts.

Shoulders, arms and shoulder blades



Do you know where your shoulders are?

Shoulder joints connect your arms with your main body.

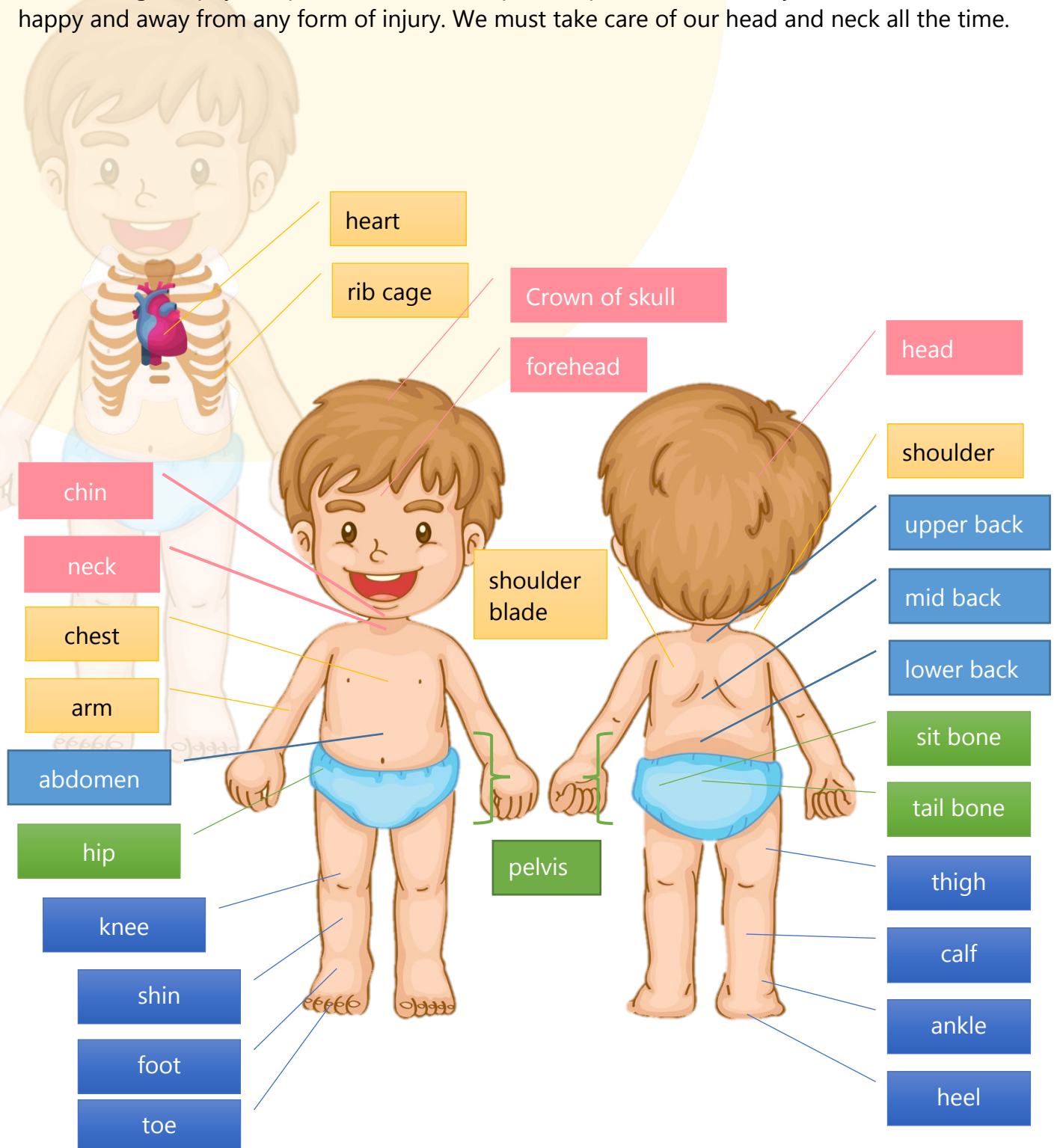
1. Find yourself seated or standing in a comfortable position, then bring the palms together towards your heart center.
2. Now, notice the sensation in your mid back and upper back.
3. Parents, help your child to find where their shoulder blades are. Have them notice what happens to their shoulder blades when their arms close and palms meet.
4. Next, bring your palms apart from each other as you spread your arms out to the side.
5. Again, parents, help your child to find where their shoulder blades are and then notice what happens to their shoulder blades when they spread their arms apart and out to the sides.

Tell us how you feel or what you see.

Day 5 – upper region of your body

Discover your head and neck

There are a few areas around the head that we would like to focus on which we will be using quite often during the physical practice of asana or posture practices. We always want our neck to be happy and away from any form of injury. We must take care of our head and neck all the time.



Head and neck

The neck supports the weight of the head. It's important to keep our neck happy and not to hurt the nerves and muscles that connect between the neck and the head.

1. There are a few movements of the head we should try just to feel the mobility of our neck. Find yourself in a comfortable seated position. Gaze forward and turn your head to the far right as you gaze to the right. Pause for a moment. Then, turn your head back to front center.
2. Next, turn to the far left. Pause for a moment. Then, turn your head back to front center.
3. Now, tilt your head diagonally to the right with the help of your right palm, gently pressing the top left corner of your head down as it tilts diagonally right. Pause for a moment before you return to front center.
4. Then, try the other side as well; that is, tilting diagonally left. Pause for a moment before you return to front center.

Is there a relieved sensation in your neck as you do so?

Chin, forehead and crown of your skull

1. Find a partner or ask your parents to join you to find your chin, forehead and crown of your skull.
2. Now, lie down and have your partner sit behind you where they can see your face.
3. Have your partner gently press your chin with their thumb. After 5 seconds, let go.
4. Then, move on to your forehead to find the middle spot and place a light pressure on the middle of your forehead with both thumbs. After 5 seconds, release and take notice of the sensation.
5. Lastly, have your partner locate the middle of the crown of your skull. Have them gently press on the middle with their thumbs.
6. Repeat for a few rounds and relax after.