

# PILLAR

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1. "Body as machine: child's body shown as friendly robot with hinges and levers at joints, making mechanics fun"
2. "Right vs wrong lifting: cartoon showing happy green checkmark for good lifting, sad red X for bad lifting"

## **Biotensegrity**

1. "Tent and body: camping tent next to child's body showing similar rope and pole structure, outdoor analogy"
2. "Bridge building body: suspension bridge compared to how muscles hold bones, engineering made simple"

## **Body Awareness**

1. "Eyes closed game: happy child successfully touching nose without looking, like pin the tail on donkey"
2. "Body GPS: cartoon body with friendly radar waves inside, like having an inner map, technology kids understand"

## **Bone Health**

1. "Strong castle walls: bones shown as strong castle walls protecting the kingdom of your body"
2. "Bone garden: healthy bones like strong trees versus weak bones like wilted plants, nature metaphor"

## **Breathing Integration**

1. "Balloon breathing: child's tummy expanding like colorful balloon during breathing exercises"
2. "Breathing buddy: stuffed animal on child's tummy moving up and down with breaths, making it fun"

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## **Cervical Spine**

1. "Neck bones train: friendly train of neck bones helping hold up the head station, transportation metaphor"
2. "Giraffe neck: comparing child's neck to baby giraffe learning good posture, animal friend"

## **Chronic Pain**