

**The Puppet & Strings Workshop**  
created by Sheila Schuehlein  
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## **Warm-Up Task** (Anchor, Affective, AKV)

Seated in pairs, **share** with your partner an example of an activity that requires moving your body *and* that you enjoy doing.

**Discuss** how you feel when you're doing the activity and what part(s) of your body is involved. Let's take 5 minutes to do this.

With your partner **visit** the body diagram (posted) and use the sticky dots (provided) to **label** the body diagrams (front and back). More than one dot can be placed at the same spot.

*Thank you for sharing your personal experience of human movement.*

## **What Moves You?**



## **Task 2** (Add, Cognitive, VAK)

Let's develop a better understanding of the muscles and bones that make up those clusters and are our 'prime movers'.

Take a moment to **review** the 2-page anatomy resource handout provided.

- Who can name one of the muscles or bones we've already dotted?
- Who can come up with a marker and add another muscle or bone not already listed on the body diagram but depicted on your resource handout?

*You have identified the primary muscles and bones you use to produce movement!*

## **Movers and Shakers**



## **Task 3** (Apply, Psychomotor, CKA)

**Select** a partner to work with.

**Use** the tape provided to **make** 'body' labels by writing the muscles and bones we have just reviewed.

## **Body Tag**



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**Decide** with your partner which one of you will be the front of the body 'model' and which will be the back of the body 'model'.

**Use** the labels you've created to 'tag' your partner. We'll take 30 minute for this.

*You have applied your new learning by labeling each other's 'movers'!*

**Task 4** (Away, Cognitive, AVK)      **Action Plan: Using the Brain Muscle**

4a. Who would like to read the information on achieving goals aloud for the group? Please **circle** any words and underline any concepts that are new to you.

- Who can share a sample of what they've noted?

**Achieving Goals**

Brain research tells us that writing down something increases the likelihood that it will be committed to long-term memory. The additional musculature and sensory input provided by writing and reading strengthen pathways in the brain. So if you want a goal to stick, the first thing you should do is write it down (*i.e. an action plan*).

A written goal can be reviewed regularly and is harder to neglect or forget. Furthermore, writing a goal forces you to test your vision against certain requirements. For best success make it:

**1. Specific**

Say exactly what you want to accomplish, with as much detail as possible.

**2. Measurable**

State how many, how much - if your goal isn't measurable in some way, how will you know when you've reached it?

**3. Attainable**

Ask yourself, "Can this be done?" "Is it possible?"

**4. Realistic**

Ask yourself, "Am I willing to do this?"

**5. Time-limited**

Give yourself a target date or deadline for achieving your goal.

**A Sample**

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**Decide what you want to accomplish:**

*I want to practice what I just learned so that I can use this knowledge with ease as I continue my journey to become an exercise leader.*

**Exactly what am I going to do? (Be specific)**

*- When I go to Tai Chi this Wednesday night, I'm going to mentally list the muscles/bones I'm using in each pose.*

*- When I get home I will write my list down and compare my answers to the resource handout. I will make note of the muscles and bones that gave me most challenge.*

4b. On your own, **develop** an action plan for continuing to practice the new muscles and bone terms we reviewed today so that they become familiar to you using the attached script. There is an example provided for you.

- Who would like to share their action plan with the group?

*You have formulated your individual action plan to reinforce your new learning!*

**My Action Plan**

**\*\*As next week's session, we will check in with you regarding your action plan activity.**