

White is Free
Blue is Rest of All

12-18 Years

Age	Exercise #	Heading	Group/Individual	Exercise Type	Exercise Title	Variations	Charts, Graphics, and Music Included	Equipment, Instruments (Not Included)
TRACK 2 - INSTRUMENTS								
12-18	1	T2-1A	Crystal Bowls	Individual	Listening	Crystal Bowls		Crystal Bowl, Felt Wand, Rubber
12-18	2	T2-1B	Crystal Bowls	Individual	Listening	Crystal Bowls		Mallet, Rubber Ring
12-18	3	T2-1C	Crystal Bowls	Individual	Listening	Crystal Bowls		=
TRACK 3 - MUSIC								
12-18	1	T3-1A	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Counting Subdivisions with Numbers and Tapping	4 Beat Circle Template, 4 Beat Subdivision Chart, Syllable Chart, Body Percussion Chart
12-18	2	T3-1B	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Counting Subdivisions with 2 Syllables	Metronome (if necessary)
12-18	3	T3-1C	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Body Percussion - One Part	"
12-18	4	T3-1D	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Body Percussion - Two Parts	"
12-18	5	T3-1E	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Counting Subdivisions with 3 Syllables	"
12-18	6	T3-1F	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Body Percussion - Three Parts	"
12-18	7	T3-1G	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Dropping Beats	"
12-18	8	T3-1H	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Syllable Variations	"
12-18	9	T3-1I	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Alternating Subdivisions	"
12-18	10	T3-1J	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Alternating Dropped Beats	"
12-18	11	T3-1K	Rhythm	Individual	Movement	Counting Subdivisions - 4 Beat Cycles	Alternating Tempos	"
12-18	12	T3-2A	Rhythm	Individual	Movement	Counting Subdivisions - 5-8 Beat Cycles	Counting Subdivisions with Numbers and Tapping	5-8 Beat Circle Templates, 4-7 Beat Subdivision Chart, Syllable Chart, Body Percussion Chart
12-18	13	T3-2B	Rhythm	Individual	Movement	Counting Subdivisions - 5-8 Beat Cycles	Counting Subdivisions with 2 Syllables	Metronome (if necessary)
12-18	14	T3-2C	Rhythm	Individual	Movement	Counting Subdivisions - 5-8 Beat Cycles	Body Percussion - One Part	"
12-18	15	T3-2D	Rhythm	Individual	Movement	Counting Subdivisions - 5-8 Beat Cycles	Body Percussion - Two Syllables and Parts	"
12-18	16	T3-2E	Rhythm	Individual	Movement	Counting Subdivisions - 5-8 Beat Cycles	Counting Subdivisions with 3 Syllables and Parts	"
12-18	17	T3-2F	Rhythm	Individual	Movement	Counting Subdivisions - 5-8 Beat Cycles	Dropping Beats	"
12-18	18	T3-2G	Rhythm	Individual	Movement	Counting Subdivisions - 5-8 Beat Cycles	Syllable Variations	"
12-18	19	T3-2H	Rhythm	Individual	Movement	Counting Subdivisions - 5-8 Beat Cycles	Alternating Subdivisions	"
12-18	20	T3-2I	Rhythm	Individual	Movement	Counting Subdivisions - 5-8 Beat Cycles	Alternating Dropped Beats	"
12-18	21	T3-2J	Rhythm	Individual	Movement	Counting Subdivisions - 5-8 Beat Cycles	Alternating Tempos	"
12-18	22	T3-2K	Rhythm	Individual	Movement	Counting Subdivisions - 5-8 Beat Cycles	Repeat with 6, 7 and 8 Beat Cycles	"
12-18	23	T3-3A	Rhythm	Group	Movement	Counting Subdivisions in Pairs	One Counts, Other Performs	2-12 Beat Circle Templates, 4-7 Beat Subdivision Chart, Syllable Chart, Body Percussion Chart
12-18	24	T3-3B	Rhythm	Group	Movement	Counting Subdivisions in Pairs	Both Perform	Metronome (if necessary)
12-18	25	T3-3C	Rhythm	Individual	Movement	Counting Subdivisions in Pairs	Body Percussion - One Part	"
12-18	26	T3-4	Rhythm	Individual	Movement	Advanced Subdivisions	Advanced Subdivisions	2-12 Beat Circle Templates, 4-7 Beat Subdivision Chart, Syllable Chart, Body Percussion Chart
12-18	27	T3-5A	Rhythm	Individual	Movement	Performing on Percussion Instruments	2 Percussion Instruments Individually	2-12 Beat Circle Templates, 4-7 Beat Subdivision Chart, Syllable Chart, Body Percussion Chart
12-18	28	T3-5B	Rhythm	Individual	Movement	Performing on Percussion Instruments	Percussion Pairs	Metronome (if necessary)
12-18	29	T3-5C	Rhythm	Individual	Movement	Performing on Percussion Instruments	Different Beat Pairs	"
12-18	30	T3-6A	Rhythm	Individual	Movement	Intervals and Melodies on a Template	2 Notes - 1 Interval	2-12 Beat Circle Templates, 4-7 Beat Subdivision Chart, Syllable Chart, Body Percussion Chart
12-18	31	T3-6B	Rhythm	Individual	Movement	Intervals and Melodies on a Template	3 Notes - 2 Intervals	Metronome (if necessary)
12-18	32	T3-6C	Rhythm	Individual	Movement	Intervals and Melodies on a Template	4 & 5 Notes	"
12-18	33	T3-6D	Rhythm	Individual	Movement	Intervals and Melodies on a Template	Playing Melodic Instruments	"
12-18	34	T3-6E	Rhythm	Individual	Movement	Intervals and Melodies on a Template	Intervals and Subdivisions	"
12-18	35	T3-6F	Rhythm	Group	Movement	Intervals and Melodies on a Template	Melodic Partners	"
12-18	36	T3-7A	Rhythm	Individual	Movement	Natural Rhythms	Heartbeat Rhythm	2-12 Beat Circle Templates, Syllable Chart, Body Percussion Chart, Pitch to Frequency Chart
12-18	37	T3-7B	Rhythm	Individual	Movement	Natural Rhythms	Your Walking Rhythm	Online Metronome - http://www.beatsperminuteonline.com
12-18	38	T3-7C	Rhythm	Individual	Movement	Natural Rhythms	Your Breath Rhythm	"
12-18	39	T3-7D	Rhythm	Individual	Movement	Natural Rhythms	Crystal Bowl Rhythms	"
12-18	40	T3-7E	Rhythm	Individual	Movement	Natural Rhythms	Schumann Resonance Rhythms	"
12-18	41	T3-7F	Rhythm	Individual	Movement	Natural Rhythms	Essential Oil Rhythms	"
12-18	42	T3-7G	Rhythm	Individual	Movement	Natural Rhythms	Note Rhythms	"

12-18	43	T3-8A	Rhythm	Group	Movement	Body Percussion - 4 Beat Cycles in Groups	Counting Beats in Groups	Kick Drum, Snare Drum, Hi Hat Image; Syllable Chart, Body Percussion Chart	Percussion Instruments (e.g. Frame drum, Tambourine, Shaker, Rattles, etc.), Metronome
12-18	44	T3-8B	Rhythm	G/I	Movement	Body Percussion - 4 Beat Cycles in Groups	Counting a Traditional Drum Kit Rhythm	"	"
12-18	45	T3-8C	Rhythm	Individual	Movement	Body Percussion - 4 Beat Cycles in Groups	Body Percussion Variations	"	"
12-18	46	T3-8D	Rhythm	Individual	Movement	Body Percussion - 4 Beat Cycles in Groups	Syllable Variations	"	"
12-18	47	T3-8E	Rhythm	Individual	Movement	Body Percussion - 4 Beat Cycles in Groups	Adding Percussion Instruments	"	"
12-18	48	T3-8F	Rhythm	Individual	Movement	Body Percussion - 4 Beat Cycles in Groups	Individual Playing All Parts	"	"

Age	Exercise #	Heading	Group/Individual	Exercise Type	Exercise Title	Variations	Charts, Graphics, and Music Included	Equipment Instruments (Not Included)
TRACK 4 - GEOMETRY								
12-18	1	T4-1	Art and Pattern Grids	Individual	Drawing	Mosaic Tile Coloring	Mosaic Tile Drawings	Colored Pencils
12-18	2	T4-2A	Geometry Basics	Individual	Practicing	How to Use a Compass	Practice Drawing Circles - Mundane Geometry	Compass, Pencil
12-18	3	T4-2B	Geometry Basics	Individual	Practicing	How to Use a Compass	Practice Drawing Interrelated Circles - Sacred Geometry	"
12-18	4	T4-3A	2D Geometries	Individual	Drawing	Drawing the Vesica Piscis	Vesica Piscis	Compass, Colored Pencils, Ruler
12-18	5	T4-3B	2D Geometries	Individual	Drawing	Drawing the Vesica Piscis	Why is the 2nd Circle Called Reflection	"
12-18	6	T4-4	2D Geometries	Individual	Drawing	Finding Center of Polygons - Inner Circle	Pre-drawn Square	"
12-18	7	T4-5	2D Geometries	Individual	Drawing	Drawing the Flower of Creation or Seed of Life (6 Circles)	Flower of Creation Image	Compass, Pencil
12-18	8	T4-6A	2D Geometries	Individual	Drawing	Drawing Polygons in the Flower of Creation	Flower of Creation Image, Flower of Creation with Hex Star	Compass, Colored Pencils
12-18	9	T4-6B	2D Geometries	Individual	Drawing	Drawing Polygons in the Flower of Creation	"	"
12-18	10	T4-6C	2D Geometries	Individual	Drawing	Drawing Polygons in the Flower of Creation	Color the Drawing as a 6 pointed Star	"
12-18	11	T4-6D	2D Geometries	Individual	Drawing	Drawing Polygons in the Flower of Creation	Draw a Hexagon	"
12-18	12	T4-7	2D Geometries	Individual	Drawing	Drawing the Flower of Life (19 Circles)	Flower of Life Image, Flower of Life Meaning document	Compass, Pencil
12-18	13	T4-8A	2D Geometries	Individual	Drawing	Division of Circle by Whole Numbers using Compass and Edge	Circle with 12 Divisions Exercise	Compass, Ruler, Colored Pencils
12-18	14	T4-8B	2D Geometries	Individual	Drawing	Division of Circle by Whole Numbers using Compass and Edge	Circle with 10 Divisions Exercise	"
12-18	15	T4-8C	2D Geometries	Individual	Drawing	Division of Circle by Whole Numbers using Compass and Edge	Circle with 8 Divisions Exercise	"
12-18	16	T4-9A	Personal Space	G/I	Experiential	Circle Space - Sense of Place and Self	Size of Your Space	Chalk
12-18	17	T4-9B	Personal Space	G/I	Experiential	Circle Space - Sense of Place and Self	Creating Your Own Personal Space	"
12-18	18	T4-9C	Personal Space	G/I	Experiential	Circle Space - Sense of Place and Self	Multiple Spaces	"
3-6	19	T4-10	Personal Space	G/I	Experiential	Your Sphere of Personal Space	"	"
12-18	20	T4-11A	Numbers	Group	Experiential	Working Together - Numbers in a Group	Two Working Together	4-5 ft stick
12-18	21	T4-11B	Numbers	Group	Experiential	Working Together - Numbers in a Group	Three Working Together	"
12-18	22	T4-11C	Numbers	Group	Experiential	Working Together - Numbers in a Group	Four Working Together	"
12-18	23	T4-12A	Spatial Placement	G/I	Experiential	Working Together - Spatial Placement	Spatial Placement in Conflict	"
12-18	24	T4-12B	Spatial Placement	G/I	Experiential	Working Together - Spatial Placement	Spatial Placement in Harmony	"
12-18	25	T4-13	Patterns of Nature	G/I	Experiential	Natural Patterns Scavenger Hunt	Master Chart of Nature's Patterns, Patterns of Life Information Doc	10 Boxes
12-18	26	T4-14A	Golden Mean and Fibonacci	Individual	Discerning	Counting Spirals	Plant Fibonacci Drawings	Pencil
12-18	27	T4-14B	Golden Mean and Fibonacci	Individual	Discerning	Counting Spirals	"	"
12-18	28	T4-14C	Golden Mean and Fibonacci	Individual	Discerning	Counting Spirals	"	"
12-18	29	T4-15	Golden Mean and Fibonacci	G/I	Analysis	Measuring the Golden Mean in the Body	"	Measuring Tape, Calculator
12-18	30	T4-16	2D Geometries	Individual	Matching	Finding Symmetry Pattern Shortcuts	Symmetry Pattern Guide Chart, Symmetry Pattern Examples	"
12-18	31	T4-17	2D Geometries	Individual	Matching	Finding All Patterns in the Flower of Life	Flower of Life Image, List of Patterns in Flower of Life	"
9-12	32	T4-18	2D Geometries	Individual	Drawing	Drawing an Octagonal Grid and a Square	Pre-drawn Polygons with "crosshairs" in the center: triangles, squares, hexagons, octagons, pentagons.	Compass, Colored Pencils, Ruler
9-12	33	T4-19A	2D Geometries	Individual	Drawing	How to Use a Protractor	"	Protractor (Semi-Circular Style)
9-12	34	T4-19B	2D Geometries	Individual	Drawing	How to Use a Protractor	"	"
9-12	35	T4-20A	2D Geometries	Individual	Drawing	Bisecting Angles	Flower of Creation Image	Protractor (Semi-Circular Style)
9-12	36	T4-20B	2D Geometries	Individual	Drawing	Bisecting Angles	"	"

Age	Exercise #	Heading	Group/Individual	Exercise Type	Exercise Title	Variations	Charts, Graphics, and Music Included	Equipment Instruments (Not Included)
TRACK 5 - EMOTIONAL EXPRESSION								
12-18	1	T5-1	Voice Expression	G/I	Experiential	Voice in the Body		
12-18	2	T5-2	Voice Expression	G/I	Call and Response	Toning Long Vowel Sounds	Toning Long Vowel Sounds	
12-18	3	T5-3A	Voice Expression	G/I	Call and Response	Toning Long Vowel Sounds - Call and Response	Toning Long Vowel Sounds	
12-18	4	T5-3B	Voice Expression	G/I	Call and Response	Toning Long Vowel Sounds - Call and Response	Toning Long Vowel Sounds with the Crystal Bowl	Crystal Bowls, Piano, Bells, Melodic Instrument
12-18	5	T5-3C	Voice Expression	G/I	Call and Response	Toning Long Vowel Sounds - Call and Response	Toning Long Vowel Sounds with the Piano or Bells	"
12-18	6	T5-4A	Voice Expression	G/I	Call and Response	Single Vowel Frequency Sweep	Single Vowel Frequency Sweep with Movement	"

12-18	7	T5-4B	Voice Expression	G/I	Call and Response	Single Vowel Frequency Sweep	Left and Right Arms	
12-18	8	T5-4C	Voice Expression	G/I	Call and Response	Single Vowel Frequency Sweep	Different Tempos	
12-18	9	T5-4D	Voice Expression	G/I	Call and Response	Single Vowel Frequency Sweep	With Jump	
12-18	10	T5-5A	Voice Expression	G/I	Call and Response	All Vowel Sweep	All Vowel Sweep	
12-18	11	T5-5B	Voice Expression	G/I	Call and Response	All Vowel Sweep	2 Vowel Sweep	
12-18	12	T5-5C	Voice Expression	G/I	Call and Response	All Vowel Sweep	2 Vowel Sweep with Frequency Sweep	
12-18	13	T5-5D	Voice Expression	G/I	Call and Response	All Vowel Sweep	All Vowel Sweep with Frequency Sweep	
12-18	14	T5-6A	Voice Expression	G/I	Call and Response	Sound Mirror - Call and Response	Sound Mirror	
12-18	15	T5-6B	Voice Expression	G/I	Call and Response	Sound Mirror - Call and Response	Child Sound Mirror	
12-18	16	T5-6C	Voice Expression	Group	Call and Response	Sound Mirror - Call and Response	Passing the Sound	
12-18	17	T5-6D	Voice Expression	Group	Call and Response	Sound Mirror - Call and Response	Creative Change	
12-18	18	T5-6E	Voice Expression	G/I	Call and Response	Sound Mirror - Call and Response	Mirroring Movement and Sound	
12-18	19	T5-6F	Voice Expression	G/I	Call and Response	Sound Mirror - Call and Response	Mirroring Movement Pairs	
12-18	20	T5-6G	Voice Expression	Group	Call and Response	Sound Mirror - Call and Response	Passing Sound and Movement	
12-18	21	T5-6H	Voice Expression	Group	Call and Response	Sound Mirror - Call and Response	Passing and Changing Sound and Movement	
								List of Vowel/Consonant Combinations
12-18	22	T5-7A	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms	4 Beat Vowel Rhythms	
12-18	23	T5-7B	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms	Alternating Long and Short	"
12-18	24	T5-7C	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms	Consonant Rhythms	"
12-18	25	T5-7D	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms	3 Beat Consonant Rhythms	"
12-18	26	T5-7E	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms	2 Vowels	"
12-18	27	T5-7F	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms	Consonant and 2 Vowel Combinations	"
12-18	28	T5-7G	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms	Consonant and 3 Vowel Combinations	"
12-18	29	T5-7H	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms	4 Vowels	"
12-18	30	T5-7I	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms	Consonant and 4 Vowel Combinations	"
12-18	31	T5-7J	Voice Expression	G/I	Call and Response	Steady Beat Vocal Rhythms	Rhythms with Different Tempos	"
12-18	32	T5-8A	Voice Expression	Group	Experiential/Sounding/Movement	Clap and Sound Circle	Clap and Sound Circle	Any Percussion (e.g. Maracas or Drum), Circle on Floor
12-18	33	T5-8B	Voice Expression	Group	Experiential/Sounding/Movement	Clap and Sound Circle	Child Sound	
12-18	34	T5-9A	Voice Expression	G/I	Experiential/Sounding/Movement	Movement and Voice with Percussion	Movement and Voice with Percussion	
12-18	35	T5-9B	Voice Expression	G/I	Experiential/Sounding/Movement	Movement and Voice with Percussion	With Arm Movements	"
12-18	36	T5-9C	Voice Expression	G/I	Experiential/Sounding/Movement	Movement and Voice with Percussion	Add Sound	"
12-18	37	T5-9D	Voice Expression	G/I	Experiential/Sounding/Movement	Movement and Voice with Percussion	Do any Movement to the Beat	"
12-18	38	T5-10A	Voice Expression	G/I	Experiential/Sounding/Creating	Sound Hug	Sound Hug	
12-18	39	T5-10B	Voice Expression	Group	Experiential/Sounding/Creating	Sound Hug	Send the Emotion to your Neighbor	
12-18	40	T5-10C	Voice Expression	G/I	Experiential/Sounding/Call and Response	Sound Hug	Sound Hug to Someone in Need	
12-18	41	T5-10D	Voice Expression	G/I	Experiential/Sounding/Movement	Sound Hug	Sound Hug for Yourself	
12-18	42	T5-10E	Voice Expression	G/I	Experiential/Sounding/Movement	Sound Hug	Sound Hug With Movement	
12-18	43	T5-10F	Voice Expression	G/I	Experiential/Sounding/Creating	Sound Hug	Basic Sound Hug	