

The following information is offered as a supplement to Chapter 3 of *Educating for Balance and Resilience*.

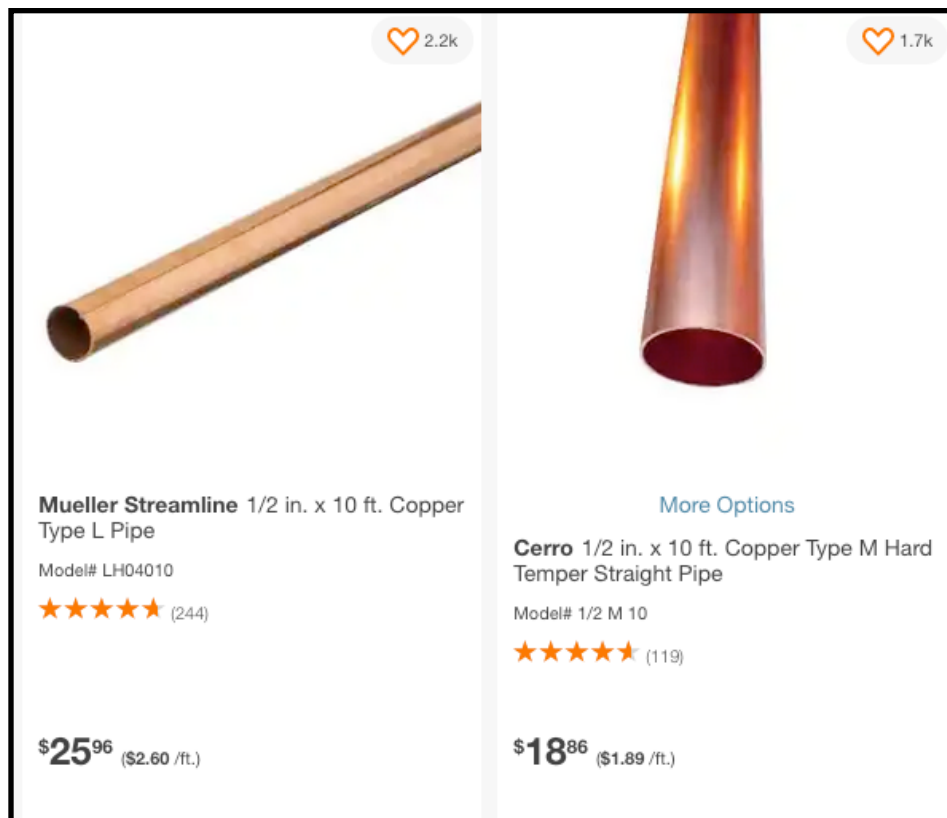
Remember: Setting the Mood: The quality of copper helps set the tone for activity that is upright and dignified; it promotes a mood of noble readiness. So, don't allow the rods to be played with. The motto of "Do less and do it well" applies - be on constant lookout to adjust your lesson plan – to maintain good class control and a feeling of achievement and fun within the boundaries you set.

Space Setup: In the lower grades in general, and with older grades that are new to the copper rod activities, work first in a circle format so that you the teacher can see all the students and they can see you.

Program Rationale and Rhythm: Regular copper rod activities throughout the school year will support many aspects of academic readiness. See Chapter 5 for suggestions on program planning.

- Physiology that supports writing and reading – radius and ulna
- Direction, rhythm and sequencing – related to body geography, spatial awareness, math
- Proprioception and balance – one of the “Multiple Intelligences”
- Working with anticipation; social skills
- “Inbreath and Outbreath” - resetting for the rhythms of mindful learning

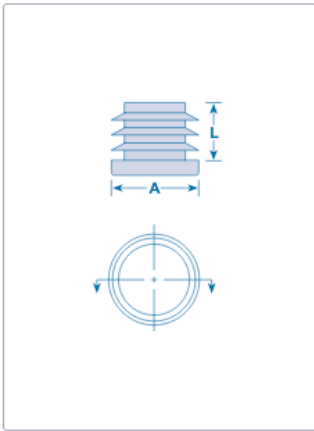
Materials:



Copper tubing is available at most “big box” home improvement stores. I’ll use Home Depot as an example. The nominal diameter is 1/2 inch, and comes in 10 ft lengths, and in two thicknesses (see pictures). Each 10 ft length can make 4 rods 30 in. each. I would recommend the thinner weight (type M) for grades 1 to 3 or 4; the thicker weight, type L, for upper grades.

Rubber caps - mocap.com type LDPE. These work way better than the rubber caps you get at the hardware dept.

Tube cutter (for example): <https://www.homedepot.com/p/RIDGID-104-Close-Quarters-3-16-in-15-16-in-Copper-Aluminum-Brass-and-Plastic-Tubing-Cutter-Multi-Use-Tubing-Tool-32985/100021967>



Part # ... RN.5A
Imperial or Metric ... Imperial
(A) External Tube Diameter ... 0.500" (12.7mm)
Tube Wall035-.065" (20-16ga)
(L) Length ... 0.423" (10.7mm)
Box / Mini / Micro QTY ... 6500/1300/130

① Configure your item

External Tube Diameter

0.500" (12.7mm) ... Some variants in stock

Tube Wall

.035-.065" (20-16ga) ... Some variants in stock

Top Style

Flat ... Some variants in stock

Material

LDPE -- Black ... Stock Item - Ready to Ship

Quick-Ship Stock - Same-Day shipping for orders placed before 2PM (CDT) M-F on normal business days, subject to stock availability.

② Select Quantity



RN.5ABK1

(Micro x 1)

Qty: (Micro) 130 x 0.4288 = \$55.74

Buy 130 for \$55.74 (\$0.4288 each)

Buy 1300 for \$279.11 (\$0.2147 each) and save 50%

Buy 6500 for \$623.35 (\$0.0959 each) and save 78%

Buy 32500 for \$2,808.00 (\$0.0864 each) and save 80%

