



Be a  
**Spine  
Detective!**

# ALL ABOUT SCOLIOSIS!

Name: \_\_\_\_\_

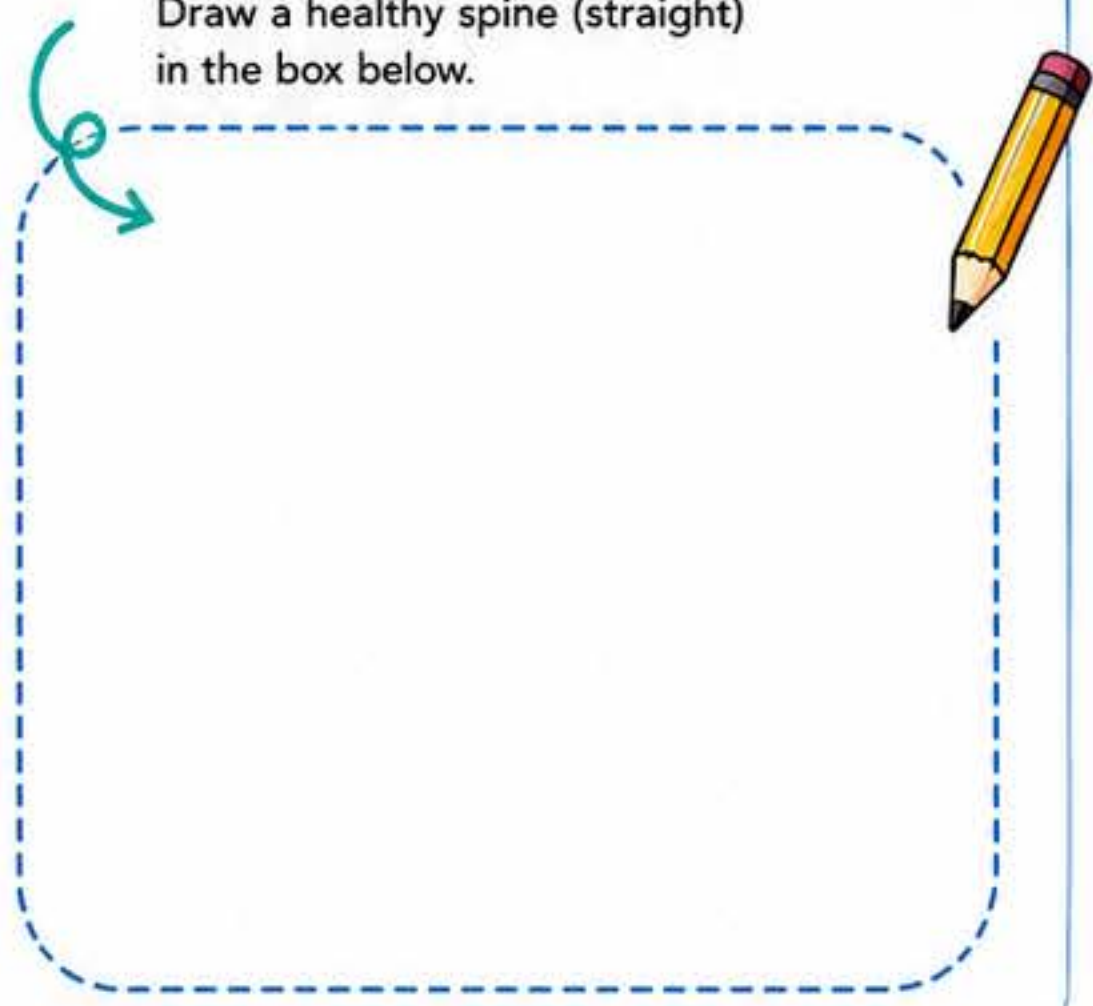
Our spine helps us  
**STAND, MOVE,  
PROTECT** and  
**SUPPORT!**



Let's learn, draw, match and discover!

## 1 DRAW IT!

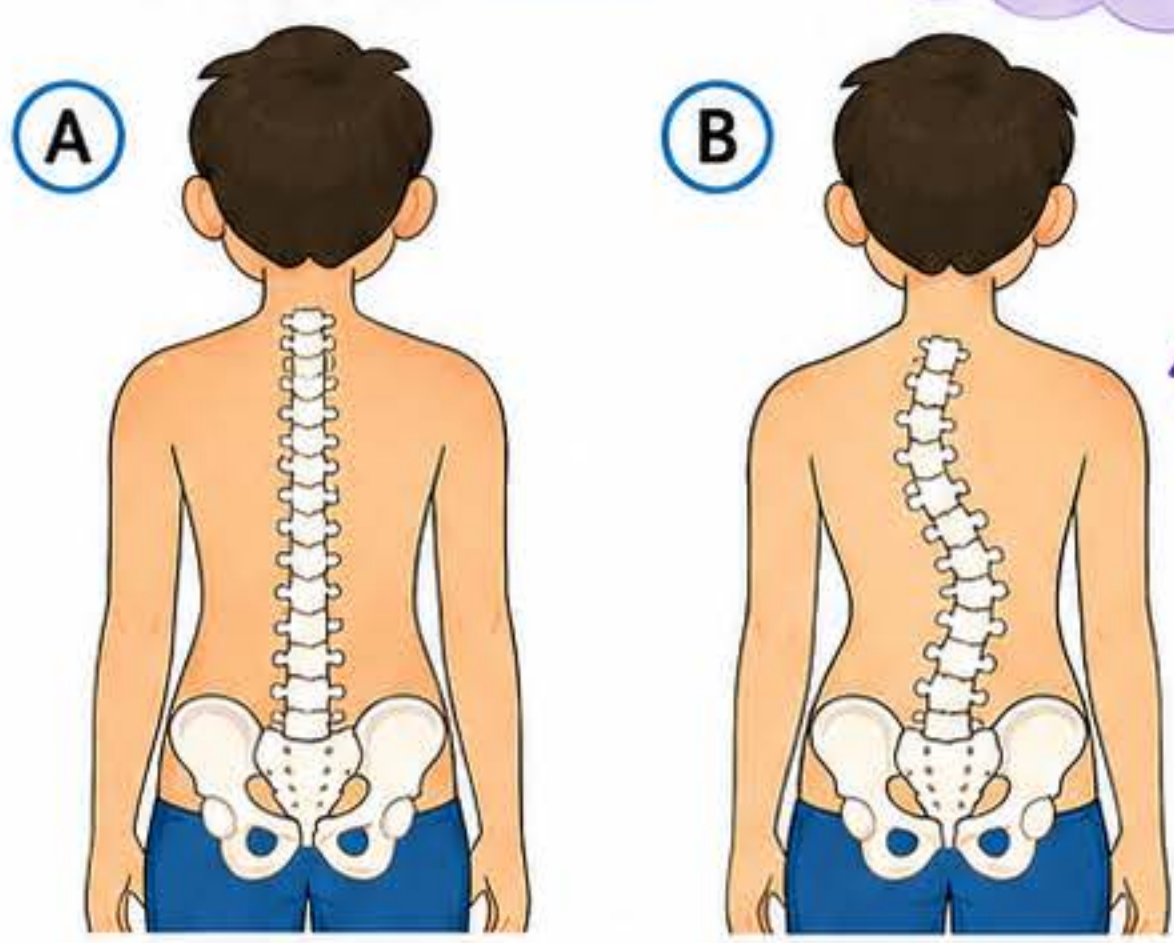
Draw a healthy spine (straight)  
in the box below.



## 2 SPOT THE DIFFERENCE!

Look at the spines below.  
Colour the spine with **scoliosis**.

Scoliosis means  
the spine has a  
sideways curve.



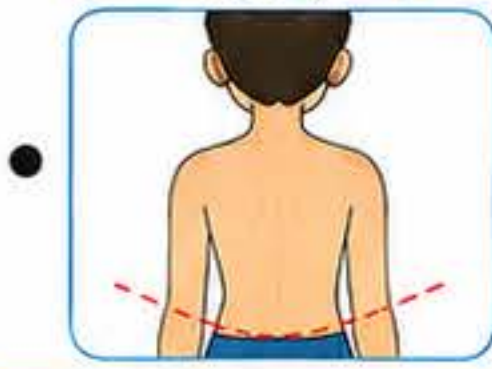
## 3 MATCH THE CLUES!

Draw a line to match each clue  
to the picture.

1 One shoulder  
may look  
higher.

2 One side of  
the back may  
look different  
when bending  
forward.

3 The waist  
may look  
uneven.



## 4 TRUE OR FALSE?

Circle TRUE or FALSE for each statement.

- ★ Everyone's spine is exactly the same. TRUE / FALSE
- ★ Scoliosis is a sideways curve in the spine. TRUE / FALSE
- ★ People with scoliosis can play, learn and have fun. TRUE / FALSE
- ★ You can always tell if someone has scoliosis just by looking at them. TRUE / FALSE
- ★ A doctor or other health professional can check your spine. TRUE / FALSE

## 5 SUPER SPINE CHALLENGE!

Circle the things that help keep our spine happy and healthy!



## 6 DESIGN YOUR SUPER SPINE!

If you could design your own super spine,  
what would it look like? Draw it and give it a name!

Name: \_\_\_\_\_



**YOU DID IT!**  
You are an amazing  
Spine Detective!

### ONE IMPORTANT THING TO REMEMBER:

If you are worried about your back  
or someone else's back,  
talk to a grown-up you trust.

