

Meet BUMPER: A Whole Body Learner

Whole Body Listening...we're sure you've come into contact with this horrific yet highly pervasive concept:

Eyes for looking at the person talking to you, ears ready to hear, mouth quiet (no talking, humming, or making sounds), hands quiet in the lap or by the sides, feet quiet on the floor, body faces the speaker, brain thinking about what is being said and heart caring what the other person is saying. UGH. MAKE IT STOP! *

We knew we needed to come up with something that could replace these super outdated, utterly ableist and maddeningly marginalizing posters, and thus, BUMPER (they/them/it) was born.

Bumper is a Whole Body Learner, and they use all of their tools, tricks, gears, and processing mechanisms to take in and analyze information. Bumper knows educators want engaged students in their classrooms and is on a mission to help achieve that goal. Bumper believes modeling is best when it comes to facilitating a classroom culture that supports active engagement. As such, they love to show students how they use a range of ways to learn and engage with materials. Check out Autism Level UP!'s [Meet Bumper: A Whole Body Learner poster!](#)

Bumper knows that not everyone uses their body to learn in the same way they do. And, they are quite interested in learning what you and/or your students look like when they're learning! So, we've included an accompanying ["What do YOU look like when you are learning?" Doodle Sheet!](#) Encourage your students to sketch, type, write, scribble, color, or any other way they prefer to record information to start to create their own Whole Body Learning Profile! We say "start" because Bumper knows that while students likely already know some things that they do to detect, process, integrate, and accumulate knowledge, Bumper also knows that students are learning how to learn all the time. Bumper wants students to add to and edit their profiles all year long.

You might be questioning how you can help your students reflect on the tools, tricks, gears, and processing mechanisms they use to help them take in and analyze information. We've included one final page in this support, the Whole Body Learner Regulator. This is an adaptation of one of our core tools, The Regulator 2.0. Bumper's version provides a framework for students to investigate how they use their mission control (aka head), tactile manipulators (aka hands and arms), mobility units (aka legs, feet, wheels), and inner mechanics (aka fuel and feelZzz) to learn. This format can also be used to help your students explore and discover new ways that support their active engagement and understanding.

Bumper has one other important thought. They think it would be amazing if students had a way to share their profiles with one another, so that students can start to appreciate that different tools, tricks, gears, and processing mechanisms work for different people! Bumper sees this as a basis for authentic peer education creating an equitable learning environment where unique learning profiles are validated and supported and simply expected to the norm. Imagine a room where you as a teacher can use Bumper's language to help students understand and appreciate how they and others learn.

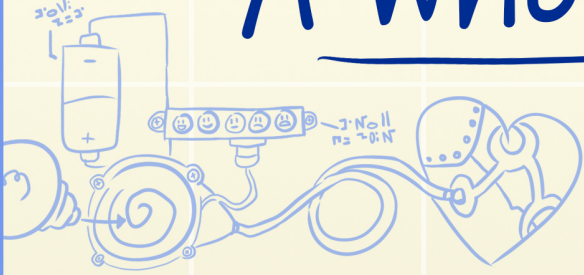
It's truly time to take the next step and Level UP! to Whole Body Learning with Bumper!

*Even the original authors now acknowledge Whole Body Listening is problematic and requires revision.
<https://www.socialthinking.com/whole-body-listening>



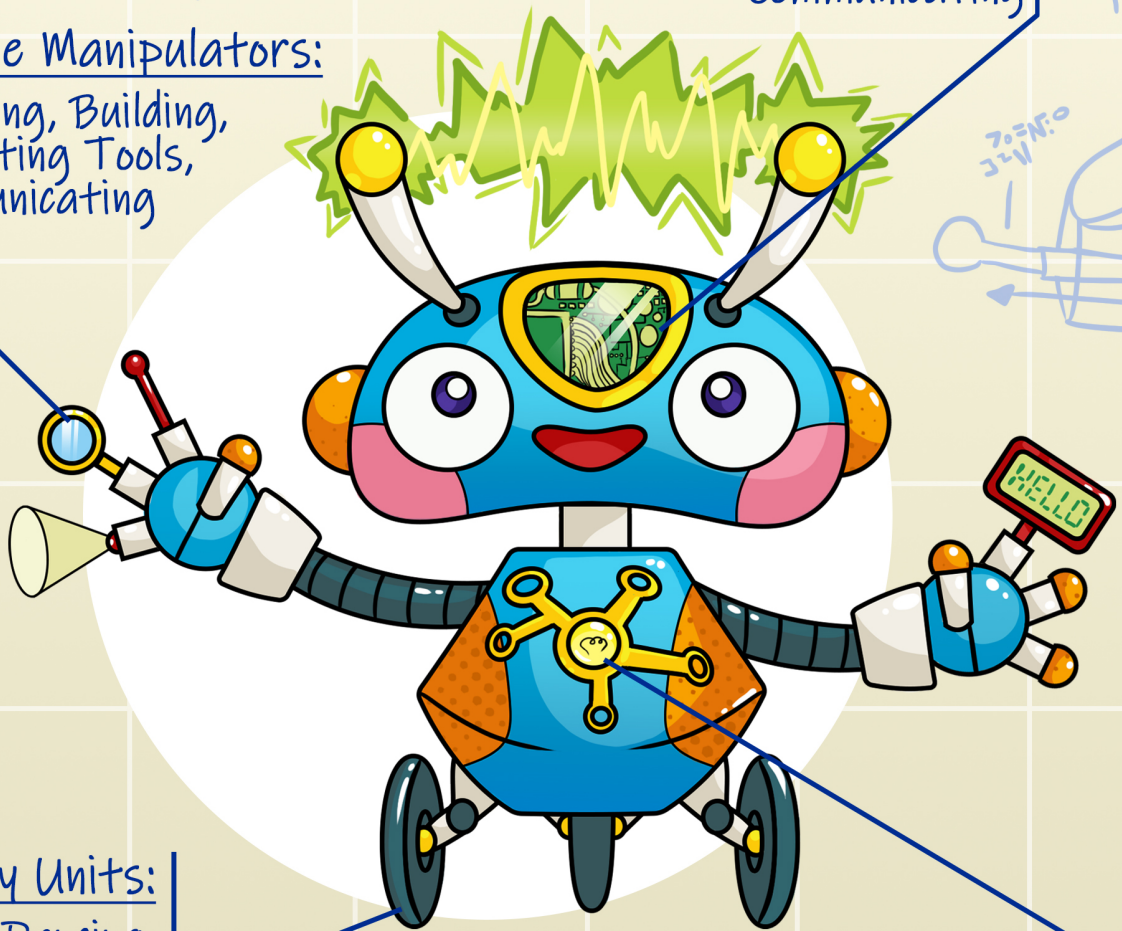
Meet BUMPER:

A Whole Body Learner



Mission Control:
Sensing, Analyzing,
Processing,
Communicating

Tactile Manipulators:
Exploring, Building,
Operating Tools,
Communicating

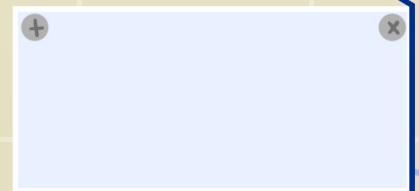
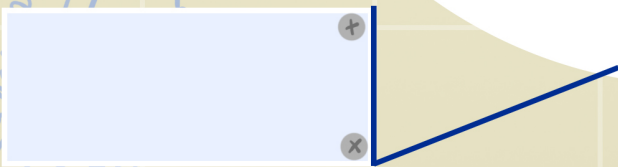
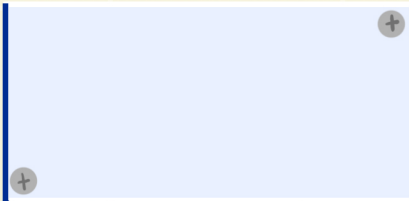
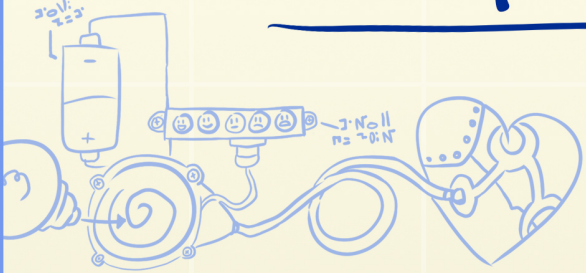


Mobility Units:
Moving, Dancing,
Fidgeting, Bouncing

Inner Mechanics:
Charging, Fueling,
Feeling, Reacting

What do you look like when you are learning?

What do **YOU** look like when you are learning?



Whole Body Learning Component	Active Learning Input	How it changes my energy...			Does it help me attend, engage, explore, and / or learn?			Do I like It?
		Power Down	Neutral	Power UP!	NO- not how I take in info	I don't know	YES!	Yes / No
Tactile Manipulators - Arm / Hand / Finger	<i>Sensing - Touching</i>							
	<i>Fidgeting</i>							
	<i>Exploring</i>							
	<i>Writing</i>							
	<i>Doodling</i>							
Mobility Units - Legs / Feet / Toes / Wheels	<i>Moving</i>							
	<i>Bouncing</i>							
	<i>Fidgeting</i>							
	<i>Dancing</i>							
Mission Control - Head	<i>Sensing - Listening</i>							
	<i>Sensing - Looking</i>							
	<i>Sensing - Tasting</i>							
	<i>Sensing - Feeling</i>							
	<i>Analyzing / Exploring</i>							
	<i>Communicating</i>							
Inner Mechanics	<i>Fuel (Snacking / Hydrating)</i>							
	<i>Identifying FeelZzz</i>							