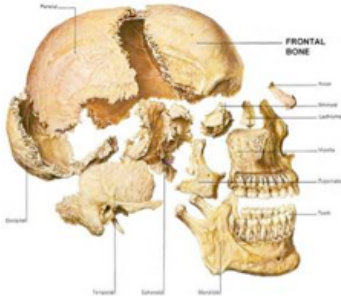


## The anatomy of the cranial bones



We began our exploration at the **cranial bones**.

Bend your head forward, dropping your chin to your chest. Bring your fingers to the cave like opening at the back of the skull, this is the **occipital bone**. Trace your fingers to either side of the cave-like opening these are the **occipital condyle**.

Move your fingers up toward the top of the head, stopping at the back of the skull. This is the **parietal bone**. Move your fingers forward toward the forehead and we find the **frontal bone**.

Take your fingers above the ear and trace down the back of the ear and we find the part of the skull call the **temporal bone**. Come forward from the ear and rub at the place we massage when we have a headache and you find the **sphenoid bone**.

Trace around your eye sockets. Bring your fingers to either side of your nose. Rub deep in toward the eye and you will feel the **ethmoid bone**.