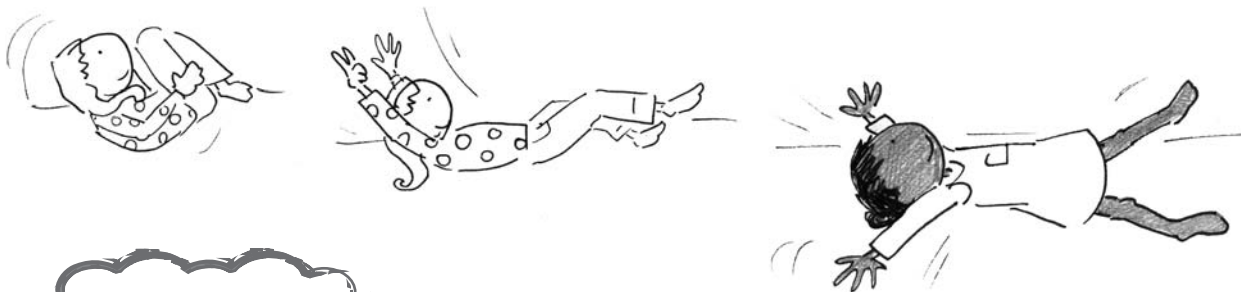


Purpose: To enhance awareness of the body in space through controlled movement
Resources: Mats

Integration Play

- On your mats lie on your back, curl yourself up tight like a bud in early spring. Your hands, feet and head are going to become the petals or blossom.
- Slowly and gently unfold your petals through the warm springtime and then into full blossom in hot summer sun. Hold this position for a short while; 6 - 10 seconds. Feel the warmth on your body.
- Slowly close up for the autumn and then shut tight for the winter. Repeat 5 or 6 times.



Variations

In pairs - one person holds a hoop over their partner for a physical guide.

Guide the movements 'and expand... slowly now... contract... and again...'

Hold the closed and expanded positions for longer.

Teaching/Observation Points

- If children feel too vulnerable, let them relax and join in again when ready.
- Feel the expansion from the stomach and out to the feet, hands and head.
- Tighten and hold the 'bud' position by wrapping the arms around the legs.

Observations