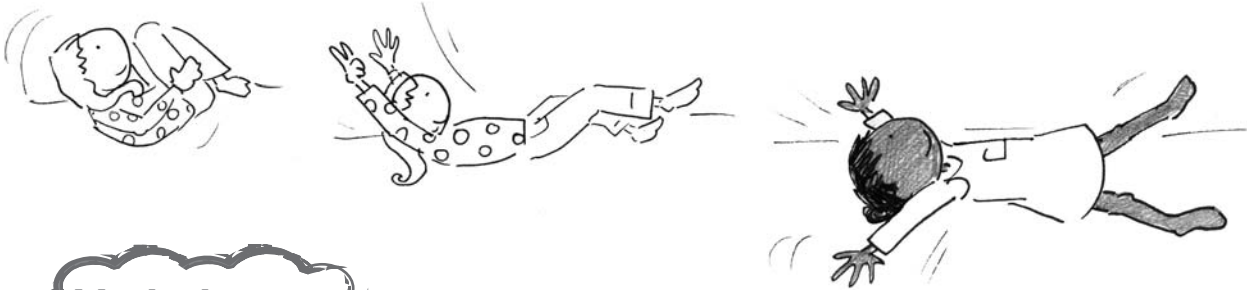


**Purpose:** To enhance awareness of the body in space through controlled movement  
**Resources:** Mats

## Integration Play

- Lying 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 and repeat.



## 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