

E- Mtone 1

Giant Muscles

Purpose: To stimulate positive mind-body link and explore high muscle tone with the imagination

Numbers: Threes

Resources: Objects to pick up – balls, beanbags, bibs, batons etc.



Exploration

- Walking
- You have the most enormous muscles. You are so strong and powerful.
- Walk around the room with your enormous muscles. Pick something up that is light but pretend it is supposed to be heavy, like a ball but it is actually a boulder.

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E- Mtone 2

Power Body

Purpose: To stimulate positive mind-body link and explore high muscle tone with the imagination

Numbers: Individually

Resources: None



Exploration

- Lying or sitting down.
- Shift your thoughts to an area of your body, like the leg, arm, tummy or shoulder etc.
- Imagine the muscles in that part of your body growing really strong and powerful. Then let them shift back to familiar strength, repeat a few times. Make every muscle in your body really strong.

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E- Mtone 1

8-9 Years

Ideas

- 👉 Take your enormous body and let it grow even more.
- 👉 Make some muscles big and strong and keep the others normal, what happens.
- 👉 Imagine you have enormous finger, toe or ear muscles. What about your nose, face or neck muscles becoming big and strong?



Simon's tips

Keep finding different muscles in the body to make big, find ones you never even knew were there.

E- Mtone 2

8-9 Years

Ideas

- 👉 What colour would a strong muscle be? Imagine your muscles are this colour and let them grow.
- 👉 When you have imagined a really strong muscle, imagine doing something amazing now you have a super powerful body.
- 👉 As the muscle feels stronger why not keep it this strong? If you believe enough you can make your muscles more powerful.



Simon's tips

This is your own special quiet time. Be brave and let your self feel that strength and power and imagine something wonderful to do.