

## E-Tactile 1

## Mad Creatures

**Purpose:** To stimulate the nerves

**Numbers:** Individual, pairs

**Resources:** None



### Exploration

- Lying, standing or sitting down. Your hands are firmly on your body. Pretend that underneath your hands is a crazy creature that keeps trying to escape.
- This creature wants to run all around the body. Every few seconds it gets really strong and fast and whizzes around over your body.
- You could also have a go with a friend.

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## E-Tactile 2

## Body Noises

**Purpose:** To encourage with personal contact and attention to subtle changes

**Numbers:** Pairs

**Resources:** None



### Exploration

- Sitting down or lying down with a partner.
- Put your ear to their back, chest or tummy and listen to the amazing sounds of the body.
- Swap the ear you are listening with and carry on. Listen in to the sounds on different parts of their body.

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## E-Tactile 1

### Ideas

- 👉 Imagine you have two creatures, one under each hand.
- 👉 What would it feel like if had thousands of feet? Some hard wheels? Made slimy trails like a snail?
- 👉 What if you had two creatures, one under each hand but they behaved and moved very differently e.g. one fast and the other slow, or, one slimy and slithery and the other with prickly pointy feet etc.



### Simon's tips

Keep a firm hold of this creature because it likes to move very fast. Really show off the creature moves and don't forget it likes to run all over the body.

## E-Tactile 2

### Ideas

- 👉 If somebody is listening to your body do something to make unusual noises like:

Breathing deeply

Swallowing

Humming

Mumbling and talking to yourself



### Simon's tips

Listen carefully and you'll hear so many strange sounds! Each ear hears things slightly differently so use them both.