

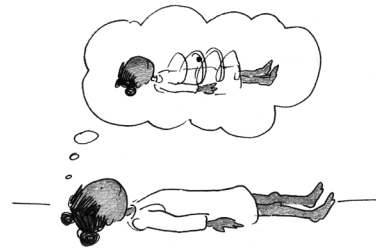
E-Baware 3

Helter-Skelter

Purpose: To enhance familiarisation with the body space

Numbers: Individual

Resources: None



Exploration

- Lying or sitting down. Imagine that around the inside of your entire body right under your skin is a helter-skelter.
- Let a marble travel around the helter-skelter. Starting from the head, feel it as it goes around and around.
- The marble can gather speed or move slowly. Rolling around down the arms and back up, down and around the trunk and into the legs.

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E-Baware 4

Holes And Tubes

Purpose: Heightening body awareness

Numbers: Individual

Resources: None



Exploration

- Lying down. Imagine that in one part of your body is a hole with a tube going through and out another hole somewhere else in your body.
- Feel freezing cold water being poured into one of the holes. What does it feel like moving through the body and out the other side?
- Move the tube around and make different holes. Have a play.

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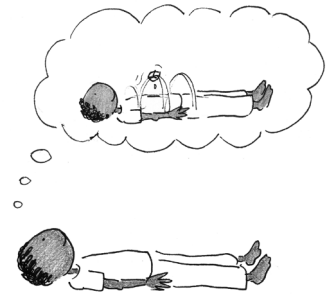
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6-7 Years

Ideas

- 👉 Instead of a marble, what if it was:
- 👉 An ice cube
- 👉 Slippery mud
- 👉 A warm flame and an Ice cube travelling at the same time but in different directions.



Simon's tips

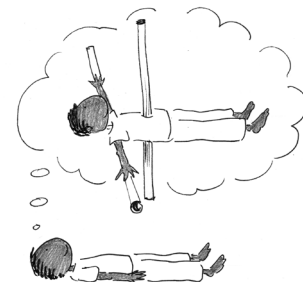
Feel the object travelling around every part of your body.
Feel it travelling just under your skin!

E-Baware 4

6-7 Years

Ideas

- 👉 What happens when something else goes in the tube? Air, larva, ice-cream, warm sunshine - make something up and impress your friends.
- 👉 You might want to have a go with bending the tube around inside your body!
- 👉 Create two opposite holes and tubes in the body like belly button and back hole with hot filling tubes, and left hand thumb and right hand thumb with cold filling tubes. How bizarre can you go?



Simon's tips

Feel where the tube starts and ends and how the stuff you fill it with moves from start to finish through the body.