BODY AWARENES

Encourage participants to focus on how the physical sensations to strengthen their body awareness. Engaging in body awareness exercises helps children be in the present and become more in touch with their bodies and feelings.

Take one deep breath through your nose and hold for 2 seconds, then release for 2 seconds. Take another deep breath through your nose and now hold for 3 seconds, then release for 3 seconds. Notice how your hold and release as your chest moves.

Touch your head, shoulders, knees and toes three times and notice how each part feels when your hands touch it.

Lift your arms over your head and stretch your back while you count to ten. Notice how your back, shoulders, and arms feel as you do it. Lower your arms and notice how it feels as you relax your back.

Interlace your fingers and hold tightly. Notice if your hands are cold and now getting hot, or if your hands were hot and now getting tight.

Try to walk in a straight line with one foot in front of the other while noticing how your foot lands on the floor.

MENTAL EXERCICES

Name all the things of the same color, texture or shape that you see around you.

Think of your favorite activity to do and do it mentally from beginning to end.

Think of each of your fingers and toes and think of them again while giving each a name.

Think of a big tree and “draw” it with all its parts from the roots to its trunk and branches to the top leaves. Imagine its colors, how it feels, and how it moves.

Name five friends from your school and spell their names.

KIND
KIDS IN NEED OF DEFENSE