

My Body is Me!

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✓ Children ✓ Teenagers

Aims To affirm identity and a sense of self through the body.

Materials Age-appropriate music, CD player; chiffon or silk scarves in bright colours.

Warm Up Ask the whole group to shake out and relax the whole body; now form pairs to perform slow-motion 'shadow' movements – one person makes a movement then their partner copies it in slow motion to make the movement larger.

Focus Discuss with partners – what is the best thing about my body: Is it to do with strength? Looks? Flexibility?

Discussion In the whole group, think about ways of keeping our bodies relaxed so we don't get tense when we are anxious.

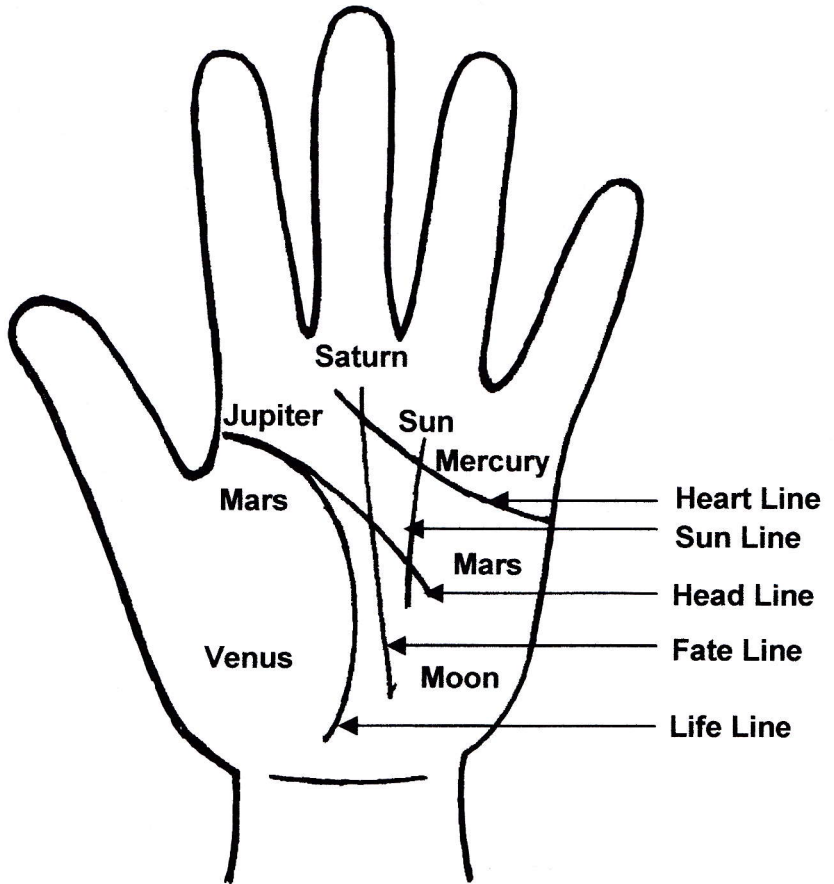
Activities In small groups, create a 'folk-style' dance using the scarves and music. Some teenagers, especially boys, might be reluctant to do this, if so, the word dance need not be used (nor the scarves); but emphasise the rhythm, and encourage stamping and even a shouting accompaniment. Point out that there are many vigorous Greek dances that women are not allowed to perform!

- ✳ Ask everyone to imagine that they have to perform for other people and to put a little extra into their dance.
- ✳ Work in pairs, one kneeling and clapping, while the other whirls around getting faster and faster, then change over.

Sharing In small groups, talk about how it felt to perform the folk dance, and how working as a whole and not just as individuals can make us feel good about ourselves and about the way our bodies move.

Ending Relax sitting back-to-back with a partner while gently handling the scarves and feeling the texture of the material.

Can You Read Your Palm?



- 1 Your left hand is supposed to be all about your past.
- 2 Look at your left hand and see how it compares with the picture.
- 3 Fill in the blank picture so it looks like yours.
- 4 Write down what you thought about while looking at your palm.
