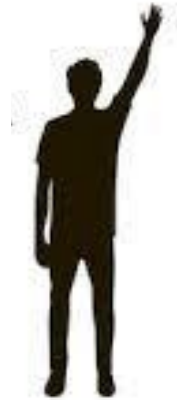


Messages From My Body

(Adapted from Eline Snel, Sitting Still Like a Frog, “Stretching and Breathing”)

Finding My Limits

- Stand with your feet firmly on the floor.
- Reach one arm up high.
- Make your arm as long as you can.
- How far can you reach keeping your feet on the floor and keeping your breathing normal.
- How can you tell when you’ve reached your limit, gone as far as you can? What do you notice happening in your body that tells you? (holding your breathe, feet come off the floor, muscles aching)



Noticing My Body Sensations

- Lower your arm
 - Notice how your arm feels.
 - Does it feel different than the other arm?

Learning to Listen to My Body

- Start with your feet on the floor and put both arms above your head.
- Pretend you are reaching for an apple in a tree that you can’t quite reach.
- Make your arms as long as you can, you can get on your tip toes.
- Can you reach even further? You really want to reach an apple.
 - What are you feeling in your body right now?
 - Notice your breathing. Are you holding your breathe, or breathing quickly?
 - How do your arms feel? Are they aching, tingling?
 - These are examples of your body telling you that you have reached far enough, maybe even too far, gone beyond your limit.
- Lower your arms a bit and notice how that feels?
- Lower your arms enough so your feet are firmly on the ground and your breathing normally, how does that feel.
- Lower both of your arms completely and notice how they feel.
 - Do they feel heavy, light, tingling, what else?

Reflection:

How did your body tell you when you reached your limit?

How did your body tell you when you went beyond your limit?

What are you noticing in your body now?