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EXERCISES TO STRENGTHEN BODY AWARENESS SKILLS OUR LOVELY BODY!

Talk to your child:

“We all have different and wonderful bodies! Our bodies grow and change as we get older. Our bodies learn to do amazing things - different bodies learn to do slightly different things. Our bodies need to be taken care of and treated with respect, then our bodies will be fine.”

- Sing or listen to the song “Friendship” - Mimmit.
- Play along with the song!

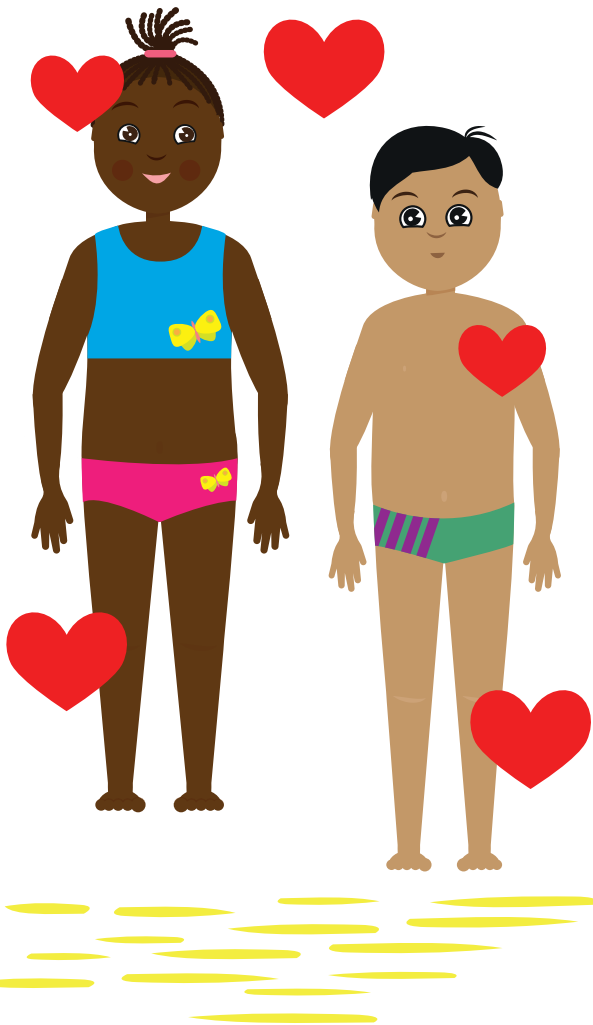
Take a friend by the hand (or use a scarf) and wave your hands energetically while shaking your body to the music. During the chorus, we spin around together, walking rhythmically. You can also form groups of three.

OLDER CHILDREN:

Let’s strike happy and proud poses, hug ourselves and pat our bodies from head to toe make happy joyfully proud body positions, hug ourselves, pat the body from top to bottom, fold our arms and nod to the left and to the right.

During the chorus, rise from a squatting position reaching high with your arms. As your rise bend to the right and to the left. Then bow and peep to the right and to the left.

The parts of our body





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Talk to your child:

“All parts of the human body are equally good. It is important to value and take care of your own body. Every part of the body has a name. It is OK to talk about your body and ask questions. Your genitals are particularly sensitive and important. Others can never touch them without your permission.”

ENCOURAGE REFLECTION:

“Name as many parts of the body as you can remember!”

You can draw the body parts together on paper, using a ready-made outline of a person.

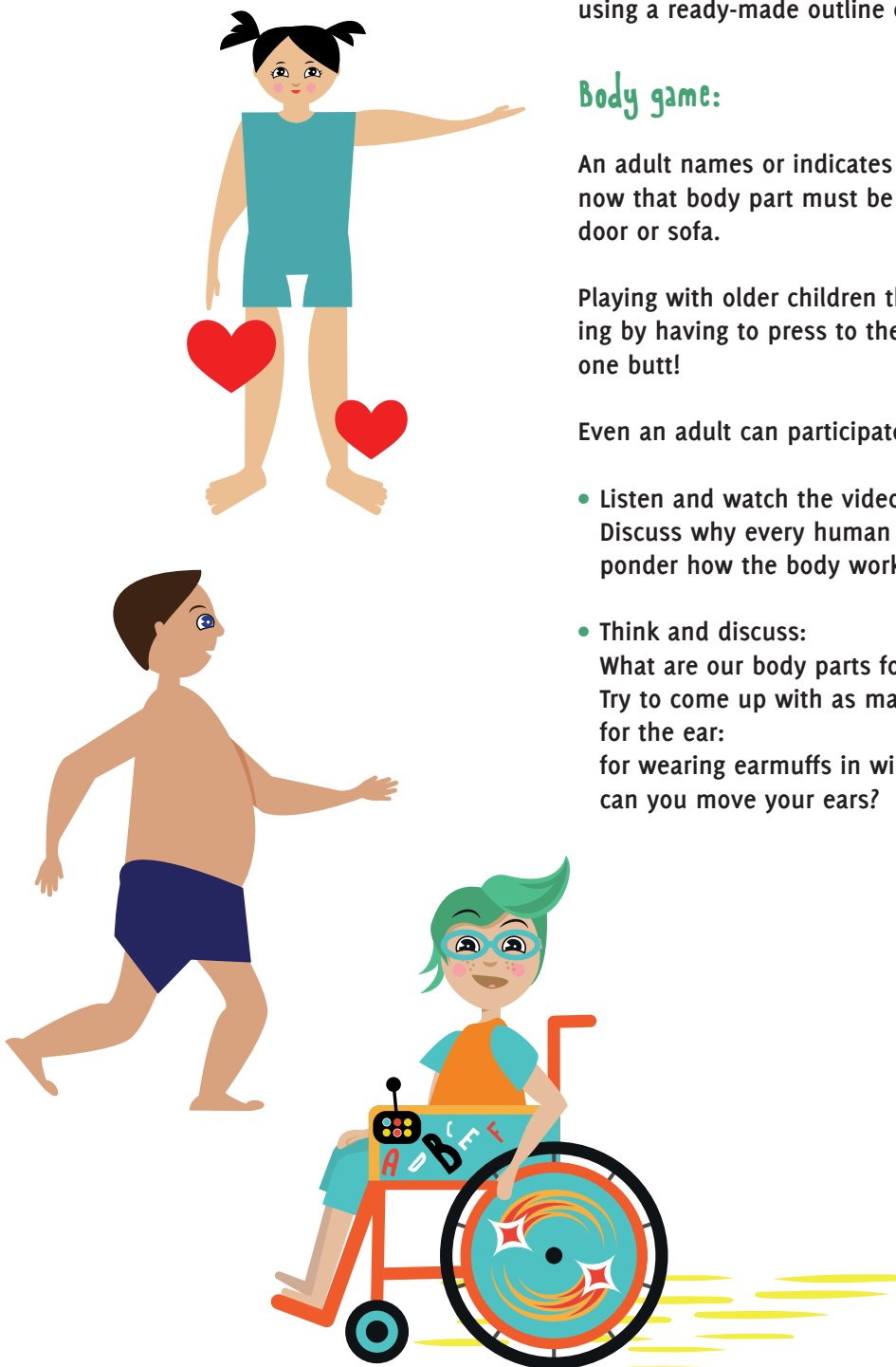
Body game:

An adult names or indicates a part of the body using a picture: now that body part must be quickly pressed to the floor, door or sofa.

Playing with older children this game can be made more challenging by having to press to the floor say, two hands, four feet and one butt!

Even an adult can participate in the game.

- Listen and watch the video: Human - Mimmit
Discuss why every human being is beautiful and wonderful and ponder how the body works.
- Think and discuss:
What are our body parts for? What are their functions?
Try to come up with as many different functions as you can, e.g. for the ear:
for wearing earmuffs in winter, for listening, to hang earrings...
can you move your ears?





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BODY ESTEEM

Tell your child:

“Body esteem is a person’s perception of their own body, how they see and feel their own body. How does your body feel? You must listen and trust the feelings in your body, and it’s OK to tell other people about what your body is feeling and experiencing. Different things can feel good or bad to different people”.

Ponder:

How can you take care of your own body, pamper it, keep it healthy?

What things feel good in your body? What things feel unpleasant?

- Listen to the song “I’m wonderful” - Mimmit
We dance to this song by moving briskly, inventing our own moves and tricks.
During the song you can hug others, or a stuffed toy you brought with you. Before the song is played, agree on a clear sign that tells others if you don’t want to hug or touch others this time round: e.g. shaking your head.

WHAT KIND OF TOUCH DO YOU LIKE?

Tell the children:

“Different people like different types of touch. Someone may find an itchy piece of cloth unpleasant, another may dislike hugging tightly and a third may love being kissed. It’s all OK and it’s OK to tell friends and adults how touching feels to you. If touch ever feels unpleasant, say so right away, so the other person knows. If this happens, the person touching you must believe you and stop touching you immediately.”

Massage exercise:

Gently touch the child with a spiked rubber ball, a scarf, a paint rollers, brushes and feathers. The adult should ask the child to verbalize how this feels and to guide the them -how hard to press with the roller and what body part part feels good when massaged.

- If a child does not want to be massaged in this exercise, they can try giving a massage themselves to a stuffed animal or doll.
- A good alternative to safe touch exercises can be using a fairy tale, where the story is illustrated by drawing or gently touching the child’s body.

