



Our bodies are very smart. If we tune into them, they can have lots to tell us.

Our bodies are always located somewhere. Take the place you are right now. Tuning into how this place speaks to different parts of your body could provide ideas about how you might change your environment to fit in the best possible way.

HOW TO PLAY

Preparation: Cut up the body parts cards, laminate them if you like, and then put them in a bag or box.

Activity: Pull out body parts cards, one at a time and respond to the question on the back of the card.

You can record your responses on the recording sheet if you like.

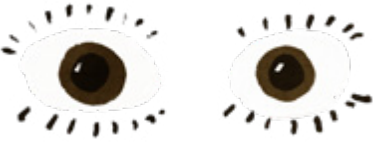






Repeat this process.

Reflect upon your experience of tuning into your body. Based on your responses experiment with changing the environment to better fit with what your body needs and likes.

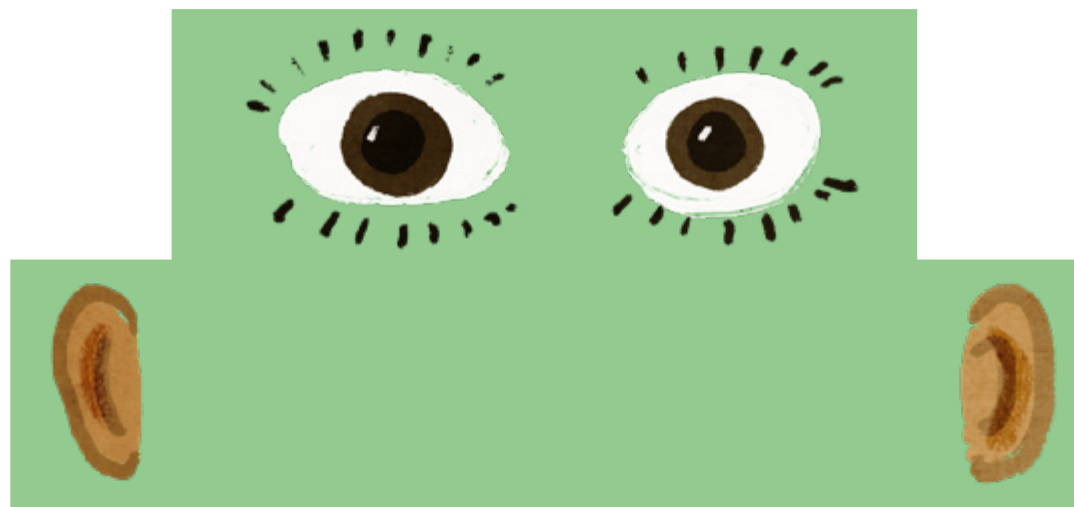
Option: Invite children to make up the two body jigsaw like people when all of the questions are exhausted.



RECORDING SHEET

LIKE		DON'T LIKE
<p>What do you like to look at the most when you are here?</p>		<p>What don't you like to look at when you are here?</p>
<p>What do you like to hear the most when you are here?</p>		<p>What don't you like to hear when you are here?</p>
<p>What do you like the smell of the most when you are here?</p>		<p>What don't you like the smell of here?</p>
<p>What do you like to taste the most when you are here?</p>		<p>What don't you like to taste when you are here?</p>
<p>What do your hands like to play with the most when you are here?</p>		<p>What don't your hands like to touch when you are here?</p>
<p>Let your legs take you to your favourite spot here.</p>		<p>Let your legs take you to your least favourite spot here.</p>
<p>What is an activity that your whole body likes to do here?</p>		<p>What is an activity that your whole body doesn't like to do here?</p>

WHAT MY BODY LIKES



WHAT MY BODY LIKES

What do you like to look at the most when you are here?

What do you like to hear the most when you are here?

What do you like the smell of the most when you are here?

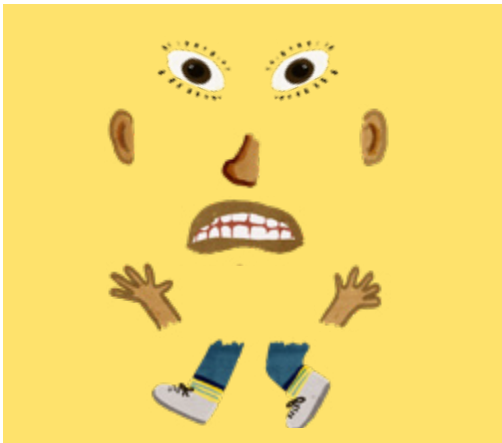
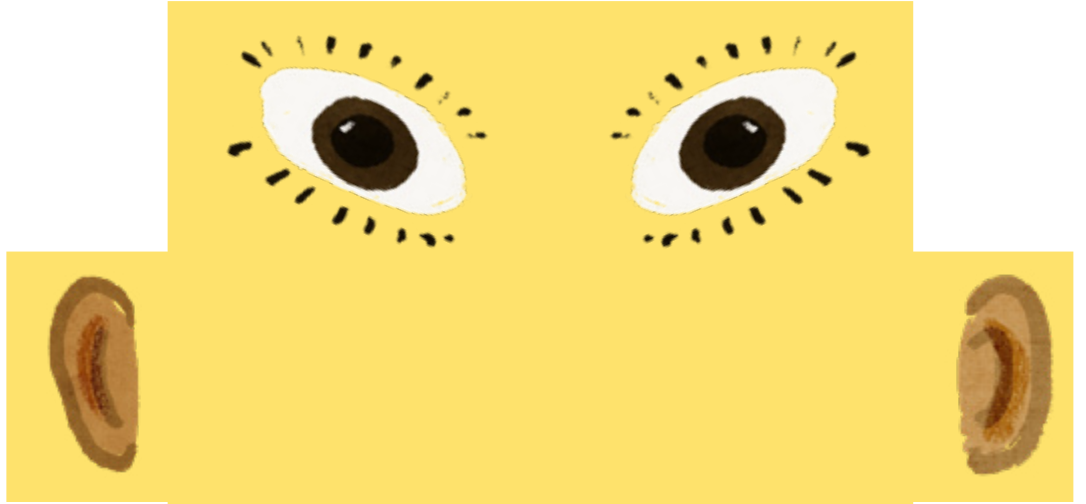
What do you like to taste the most when you are here?

What is an activity that your whole body likes to do here?

What do your hands like to play with the most when you are here?

Let your legs take you to your favourite spot here.

WHAT MY BODY DOESN'T LIKE



WHAT MY BODY DOESN'T LIKE

What don't you like to look at when you are here?

What don't you like to hear when you are here?

What don't you like the smell of here?

What don't you like to taste when you are here?

What don't your hands like to touch when you are here?

Let your legs take you to your least favourite spot here.

What is an activity that your whole body doesn't like to do here?