



EDUCATIONAL THERAPEUTICS ONLINE

SESSION 2

The Physical Body

Nutrition, Touch,
Exercise





AIMS:

1. To explore the role of nutrition in human development and functioning
2. To investigate the importance of therapeutic touch, how it works and how it may be used
3. To consider different movement and the role of exercise in learning, mental health and wellbeing

By the end of this session, you will...

- Have an awareness of diet, touch and movement as part of an holistic approach
- Have developed some skills in applying therapeutic touch
- Know something about different forms of exercise that may be useful with an educational setting

Nutrition

Take a moment to consider what you already know about nutrition and its impact on our behaviour.

Consider:

- Society pressures
- Psychological impact
- Poverty
- Culture
- Real impact on your body
- Food allergies and sensitivity

Why is it so important?

What can we do about it in our capacity as non-specialists?

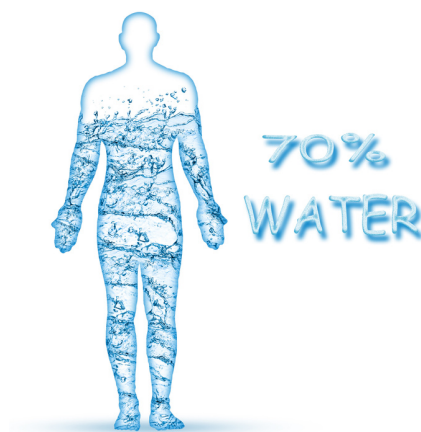


Water

Research shows various information about just how much our body needs water. Generally depending on who you pay attention to it is between 60 and 80%. Whatever the scientific facts are, our body needs plenty of water otherwise dehydration will set in very quickly with great impact on the organs of the body. The importance of water cannot be overstated.

It plays a valuable role in the following processes:

- Transporting nutrients around the body
- Regulating body temperature
- Assisting in the removal of waste products
- Converting glucose to energy



Dehydration:

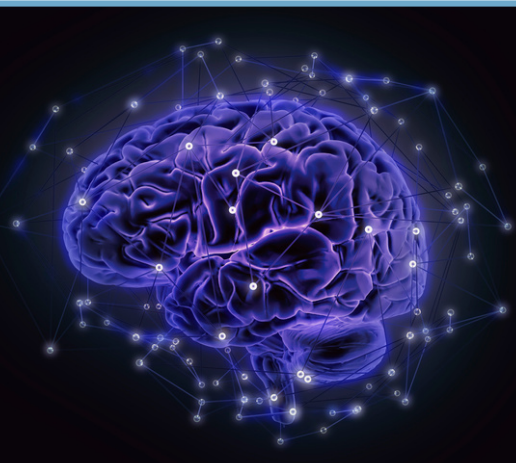
Many people are in fact dehydrated. Thirst is a distress signal, not a request for a cup of tea or coffee. The awareness of thirst is the final process in a complex chain of events, and usually signals significant levels of dehydration. Once people begin drinking water regularly, they are often surprised that they feel thirstier, not less so. This is because we tend to misinterpret our body's need for water as hunger or attempt to satisfy our thirst with other beverages. Often this introduces chemicals that make the situation worse, not better.

Estimations for the process of re-hydration range between 3 – 6 months, drinking approx. 2 litres of water per day. It is generally agreed that 8 glasses of water a day is a minimum.

As a source of water, mineral water is often favoured as being best, with filtered water a second option. Some tap water contains many chemicals which have been used in the recycling process. A cup of tap water has been recycled at least seven times; this process will almost invariably involve at least one pair of kidneys.



Fats



- The brain is the fattiest organ of the body, consisting of 60% lipids
- Research shows that the type of fats we eat affects the composition of the brain, with consequences for electrical conductivity, neurotransmitter efficiency and total brain functioning
- Saturated fats (animal fats) in the quantities eaten in western diets is enough to stunt inhibit learning, memory and brain growth, as well as having a negative effect on glucose metabolism

- Polyunsaturated fats fall into two main categories: omega-6 and omega-3 fats, these are needed in equal proportions for optimum brain functioning
- Western diet provides 15 times more omega-6s than omega-3s
- Metabolism of omega-6s alone cause an 'inflammation' response in the brain – essentially 'bad' for learning, growth & memory, and now being linked to conditions such as ADD and ADHD



- Omega-3s 'damp down' the inflammation response and promote healthy brain growth, learning and metabolism
- Sufficient omega-3s in the blood is linked to higher academic achievement and better 'coping' under stress, with manifest as reduced aggression
- Omega-6s are found in vegetable oils such as sunflower & safflower, and less in olive oil Omega-3s are found in flax oil and fish oils.

- Turmeric is excellent for reducing inflammation which underpins most illness
- Oil of evening primrose for example is recommended for hormonal issues and behaviour problems, could this be an issue pregnant mum?



Sugar

Dangers of a High Sugar Diet



- Sugar replaces high vitamin and mineral foods, creating a deficit in the nutrients the brain needs
- Studies show that children on high sugar diets do worse on IQ tests, get poorer grades and have more mood swings

- Children, especially those with ADD and ADHD are often super-sensitive to high sugar intakes. PET scans show their brains do not burn glucose as efficiently. High blood sugar stimulates a greater release of cortisol – the “fight or flight” hormone – in such children
- A chronic high intake of refined sugar at an early age is associated with poor attention spans in both normal and hyperactive children



- High intakes of simple sugars, found in soft drinks and other processed foods, cause cellular damage in animals, known to promote nerve damage, premature ageing, and possibly degenerative brain diseases.
- By the way check out sweeteners e.g., aspartame

- Most people with children know how sugar impacts behaviour, even food companies acknowledge the damage it can cause.
- Keeping it out of their diet is another matter entirely!



Dairy Products

Controversial?



Dairy products are one of the most frequent food allergens.

A dairy allergy is the immune system's response to one or more of the proteins found in cow's milk.

Although most individuals develop a dairy allergy as infants, it can also be acquired later in life.

While two to three percent of all infants have milk allergies, by the age of four, 60 percent will have outgrown their milk allergy, and by age six, 80 percent. Some, however, never outgrow it.

It has been known since the time of Aristotle that some families have allergic reactions to dairy produce

Dairy products cause a build up of mucus in the system.

How does a dairy allergy develop?

Many protein allergens contained in cow's milk can cause allergic reactions;

- Casein and whey are the two main components. Casein accounts for 80 percent of the protein in milk, and is the prime allergen found in cheese. The harder the cheese, the more casein it contains.
- Whey accounts for the other 20 percent of milk, and contains two major allergenic proteins – alpha-lactalbumin and beta lactaglobulin.



Intensive farming methods:

Overuse of antibiotics in cattle are now causing a problem for humans health. High levels of hormones used to increase weight and milk yield causing health Immune system damage with possible links to increase in T.B. and Crohns disease.

What are the symptoms of a dairy allergy?

- The symptoms of a dairy allergy can manifest themselves in the skin, the digestive system or the respiratory system.
- Skin reactions may include an itchy red rash, hives, eczema, allergic "shiners" (black eyes), and swelling of lips, mouth, tongue, face or throat.
- Digestive system reactions might include nausea, vomiting, diarrhoea, gas, bloating or abdominal cramps.
- Respiratory system reactions include a runny nose, sneezing, watery or itchy eyes, nasal congestion, wheezing, shortness of breath or coughing, and even anaphylactic shock.
- Some children may show reddish ear lobes or a glazed look in their eyes. Additional symptoms attributed to a milk allergy include bed-wetting, lethargy and inattentiveness.

Vegetarian-Pescetarian-Vegan

There has been a revolution in eating habits over the past few years with a massive increase in people making the choice not to eat meat for a variety of reasons. Now, following the present consumer demand the availability of organic and eco-friendly foods at manageable prices has increased exponentially.



This doesn't mean that this doesn't come with a different set of issues for the planet of course!

Consider how poverty impacts on diet and various research for example grandmothers diet impacts children's behaviour.

Family culture and feeding practices have changed since the onset of television and the internet, how does food impact on nurture?

How difficult is it for mothers to adhere to healthy eating advice for example 5 fruit and vegetables per day?

Children who are neuro diverse (ASD/ADD) are notorious faddy eaters how does that impact on the parents trying to get them to eat something?

Why does our soil have fewer nutrients than before the second world war?

What impact does intensive farming have on the quality of our food?

How does our natural concern for the planet and animals pressure our eating habits?

So what you might say? We aren't experts on diet what can we do?

You can suggest if you think there might be something that parents look into this and offer a diet timetable with the few suggestions below.

In children...

- > 89% affected by artificial colours
- > 71% affected by artificial flavours
- > 71% affected by preservatives
- > 71% affected by MSG

H.A.C.S.G. Database at Surrey University, UK

Keep Blood Sugar Steady

The brain constitutes only 2% of the total body weight, but requires 20% - 30% of the body's supply of energy. It needs a steady supply of glucose or blood sugar to function. Blood sugar levels that are too high are as dangerous as levels that are too low, and sudden troughs or peaks can result over or under production of insulin. High circulating levels of both sugar and insulin cause brain damage. Current research is showing that large numbers of people live with blood sugar at dangerously high levels due to progressing insulin resistance. This develops into type 2 diabetes, previously rare before age 40, but now increasingly common in children.

The only 'cure' for this is to keep blood sugar at a steady level:

1. Know the difference between high and low GI foods, and favour the low GI foods (GI – glycaemic index = the rate at which carbohydrates are converted to blood sugar).
2. Eat legumes – they are slowly digested, causing a gradual rise in blood sugar (baked beans, butter beans, chickpeas, kidney beans, lentils, soybeans and peanuts).
3. Combine high GI foods with low GI foods; when snacking, choose low GI foods (e.g. apples).
4. Eat lots of vegetables and nuts. Meat does not raise blood sugar, but its fat promotes insulin resistance.
5. Restrict processed foods made with finely ground flour, such as bread, cereals, cookies, crackers.
6. Add vinegar or lemon juice to foods to lower their glycaemic index. Only 4 teaspoons of vinegar as salad dressing with an average meal lowered blood sugar as much as 30%
7. Eat small amounts frequently
8. Eat breakfast

The recommended maximum daily amounts of added sugar are:

4-6 years old:

5 cubes - 19 grams

7-10 years old:

6 cubes - 24 grams

11+ years old:

7 cubes - 30 grams

The healthy Brain

Ten top strategies (To better brain health)

For you to investigate we are not specialists and thus cannot recommend



1. It is suggested that inflammation underpins all health issues check out turmeric.
2. Take multivitamins: research suggests that $\frac{1}{2}$ of all school children in Britain might improve IQ scores by taking multivitamins. A combination of vitamins and minerals, found in multivitamin formulas, can help restore optimal intellectual function and lift mood at the same time

3. Take antioxidant vitamins: a supplement containing several antioxidants : e.g. vitamin E; vitamin C; alpha lipoic acid; coenzyme Q10, ginkgo biloba
4. Eat foods high in antioxidants – virtually all fruits & vegetables, but generally the brightly coloured fruit and berries and green leafy vegetables
5. Drink tea – a cup of black tea (brewed for 5 minutes) provides $\frac{1}{4}$ to one third the recommended daily amounts of antioxidant.(1 – 2 teaspoons of milk enhance the antioxidant content; more reduces it)



6. Avoid bad fats
7. Get omega-3 type fats, from supplements or from eating oily fish
8. Take brain boosting supplements: e.g., ginkgo biloba

9. Watch sugar, including brain sugar
10. Restrict calories, reduce weight
11. Take care of yourself



Diet Guidelines

THE CLUE IS CRAVING
CUT DOWN ON CRAVED-FOR SUBSTANCES

O.K. LIST

- ☒ Drink about 8 cups of water every day
- ☒ Fruit and vegetables
- ☒ Only PLAIN crisps
- ☒ If you must use sugar – make it raw unrefined

AVOID LIST

- ☐ Artificial Red, Orange, Yellow or Blue colours
- ☐ Cola drinks
- ☐ 'Diet' drinks with aspartame or saccharin
- ☐ Coloured sweets
- ☐ Flavoured or coloured crisps
- ☐ Flavoured or coloured spaghetti

Take a look at [FAB research](#)

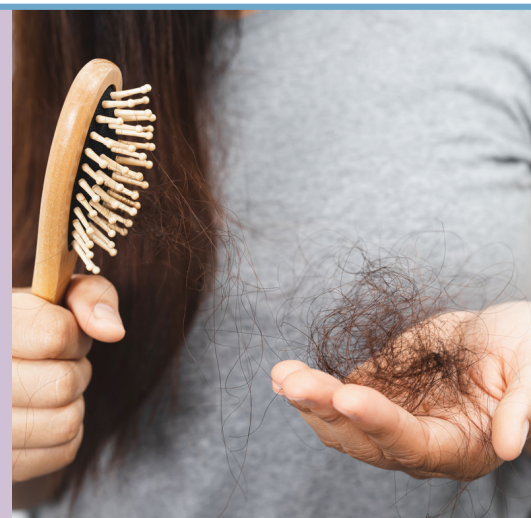
Diet and Nutrition

The following symptoms are common signs of vitamin and/or mineral deficiencies. (There are many others)



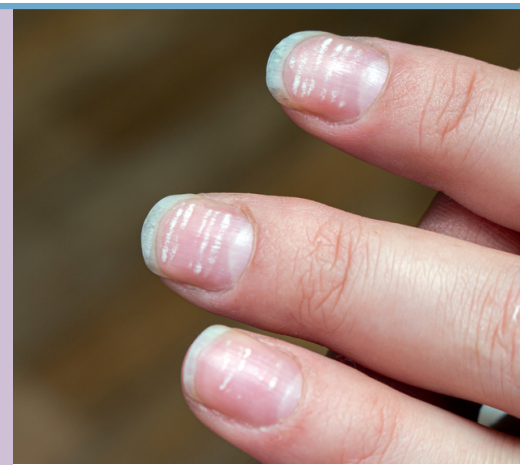
1. Constant colds
2. Tongue and inner lips are bright red instead of usual pink colour.
3. Corners of mouth are cracked
4. Skin scaling at edges of nose

5. Nails are ridged, brittle or soft
6. Recycling gums that bleed easily on brushing
7. Changes in texture of skin, such a dryness with a tendency to crack or flake, especially on thighs and lower abdomen.
8. Lifeless, thin hair with scurfy tendency



9. Swollen inner surface of lower legs and ankles
10. Bruising easily
11. Low vitality, apathetic and listless
12. Slow healing of grazes and cuts

13. White flecks in nails
14. Poor dream recall
15. Tendency to stretch marks on the skin



Yoga Doshas

Self-help chart 1 finding your body-type (Prakriti)

How to use this chart:

- > Give yourself one point against the personal quality that applies to you
- > Total up the score for each at the bottom.
- > The dosha with the highest score gives your body-type. the next one gives your sub-dosha

Personal Qualities	Vatta	Score	Pitta	Score	Kapha	Score
Body Build	Thin, small or tall	☐	Medium, compact	☐	Stocky, large frame	☐
Weight	Light (underweight)	☐	Ideal, medium	☐	Overweight, Obese	☐
Skin	Dry, rough, cool, brownish	☐	Reddish, warm	☐	Pale, fair, cold, oily, smooth, watery	☐
Hair	Brown, dusky, sparse, thin, dry	☐	Red, blonde, oily or balding, graying	☐	Dark, oily, smooth, thick, plentiful	☐
Eyes	Small, active	☐	Sharp, penetrating, green, red, gray	☐	Big attractive, black, blue, thick eyelashes	☐
Face	Thin, sharp features pointed	☐	Square	☐	Rounded, plump	☐
Teeth	Irregular, protruding, fillings	☐	Well set, bleeding gums	☐	Strong, white, well formed	☐
Appetite	Variable, poor, irregular meals	☐	Strong digestion, 'square' meals, irritable if skips a meal	☐	Poor appetite, small meals, comfort eating	☐
Thirst	Medium, variable	☐	Always thirsty	☐	Slight thirst	☐
Bowel Movement	Variable, dry, small, constipation	☐	Loose, oily, soft, often frequent	☐	Heavy thick slow bowel movement	☐

Personal Qualities	Vatta	Score	Pitta	Score	Kapha	Score
Sleep	Light, interrupted	☐	Sound about 8 hours	☐	Heavy, excessive, late riser	☐
Speech	Fast broken	☐	Sharp, precise, articulate powerful orator	☐	Slow, sweet, few words	☐
Activity	Hyperactive, irregular, erratic	☐	Well organised, controlled	☐	Slow, lethargic, graceful	☐
Energy	Bursts, tires easily	☐	Moderate endurance	☐	Steady endurance, steady stamina	☐
Mental State	Excitable, wavering, worrier. restless	☐	Irritable, short tempered, under stress, intelligent, confident	☐	Calm, unruffled, slow, tolerant	☐
Memory	Good short term, poor long term	☐	Intelligent, sharp	☐	Slow to grasp but retains well	☐
Habit	Impulsive	☐	Methodical, logical	☐	Conservative	☐
Dreams	Fearful, pumping, flying objects	☐	Fiery, colourful, passionate	☐	Water, oceans, woods, romantic	☐
Emotions	Sentimental, loving, kind	☐	Anger, egotism, jealous, joy, warmth when ok, passionate	☐	Loving, forgiving, kind or possessive, greedy	☐
Work Attitude	Enthusiastic, imaginative	☐	Enterprising, leadership, aggressive	☐	Indifferent, complacent, stubborn, dull	☐
Future	Unsure, insecure	☐	Ambitious, determined goal	☐	Not bothered take it as it comes	☐

Total score for each Dosha

☐ ☐ ☐

Your Main Body Type Dosha (Vatta, Pitta, Kapha)

Sub Dosha:

Or your main body-type (in the case of equal scores)

Vatta-Pitta, Vatta-Kapha, Pitta-Kapha, Vatta-Pitta-Kapha (well balanced)

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Therapeutic Touch

Skin is the largest organ of the body, weighing in at between 6 – 10 pounds.

When stretched, the skin of an average person would measure approximately 2 square yards.

The skin contains, among other things, hair follicles, sweat glands, sebaceous glands and literally billions of nerve endings and sensory receptors. These sensory receptors are of great significance when considering the effect of therapeutic touch.



Research Findings:

Premature babies massaged whilst in incubators gained weight 50% faster than those that did not. They were also found to be more alert, more responsive, more aware and better able to tolerate noise. When followed up 8 months later, this gain was maintained with the babies still larger and with fewer physical problems. Being laid on lambs wool blankets was also shown to have beneficial effects on babies, as too has the gentle movement of water beds – these babies were found to cry less and to have better temperaments in the main.

1988 report in the New York Times claiming psychological and physical stunting of growth in infants deprived of physical contact, in spite of being otherwise fed and cared for.

Licking of baby rats by the mother stimulates the release of growth hormone – an effect only replicated by gentle stroking with a paintbrush. These findings were supported in a study on human children suffering from psychosocial dwarfism. Care and touch by hospital staff succeeded in reversing the condition where direct administration of growth hormone did not.

Research reported by AMTA (American Massage Therapy Association) show dramatic effects of massage on immunity. People who got massage had higher levels of infection fighting white blood cells as well as increased activity of so-called natural killer cells that attack disease. Reporting on a cluster of similar findings, the AMTA conclude that massage helps the body make the most of the resources it already has.

Aromatherapy

Aromatherapy is the use of oils derived from plants, herbs, flowers and trees. The oils are extracted from the source by several methods, the most common being Steam Extraction. The oils can be used in a variety of ways:

Massage:

Massage is considered to be the optimum way of experiencing the benefits of essential oils. Oils should be diluted to 1 drop of essential oil to 2 mls or grams of carrier.

Bath:

Use a maximum of 6 drops of oil in a bath.

Vaporisation:

This is very useful in sick rooms/bedrooms or anywhere around the home or office. The use of burners and electrical devices which facilitate the dispersal of the oils are becoming widespread.



Compress:

This method is extremely useful in treating bruises, inflammation and any wound that cannot be touched. A couple of drops in a bowl of water, soak a lint free cloth in the water and then apply to the treatment area.

Inhalation:

Essential oils can be used in bowls of hot water or facial saunas in cases of respiratory problems or colds etc. Or place a couple of drops in a suitable container.

In our programme we burn oils and use only specific essential oils in our programmes and lightly. Too much can be unpleasant. We also use the 'smelly' tissue where children are permitted to choose their preferred aroma, pop a drop onto a tissue and take it with them into class. This will be a powerful reminder of the relaxation experience

- | | |
|--|--------------------------|
| ➤ Lavender for calming | ➤ Citrus for wakening up |
| ➤ Tea tree or Eucalyptus when colds are around | ➤ Peppermint |
| | ➤ Rose geranium |

Check them out and their use!

Always use natural oils, never chemically produced

Reflexology



Reflexologists use a form of compression massage to unblock re-flexes of the feet or the hands. These reflexes relate to the corresponding parts of the body.

For example: big toe relates to the head and the pad underneath your toes relates to your lungs. When a reflexologist presses these reflexes, she can often tell if that part of the body is 'out of balance', i.e. unhealthy. Reflexologists are not doctors however and cannot diagnose the precise nature of the problem.

Regular reflexology treatments can achieve the following:

- Encourage the body to find its own balance
- Assist the body in the elimination of toxins
- Bring about a profound sense of relaxation



In many cases working on the feet is the safest way to address a problem. For example, if a client has chronic back pain it is difficult to work directly on the spine. With reflexology, the therapist can work on the spine reflex in the feet, so giving relief without direct pressure on the spine.

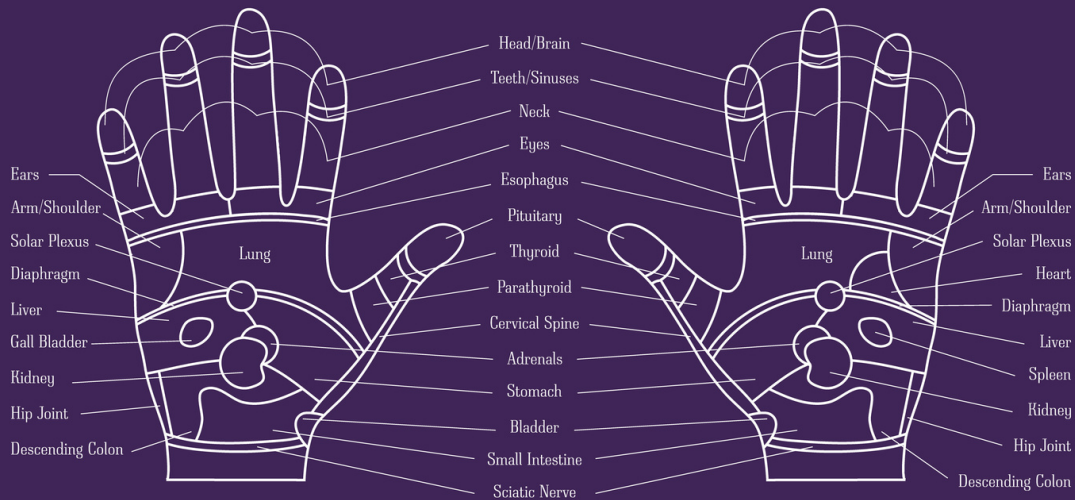
Reflexology encourages self healing and restores balance to the many systems of the body.

Such illnesses as diabetes, asthma and chronic back pain have responded well to treatment. It is a powerful therapy and a trained therapist should be consulted if major disorders are involved; these would include diabetes, high blood pressure and cancer.

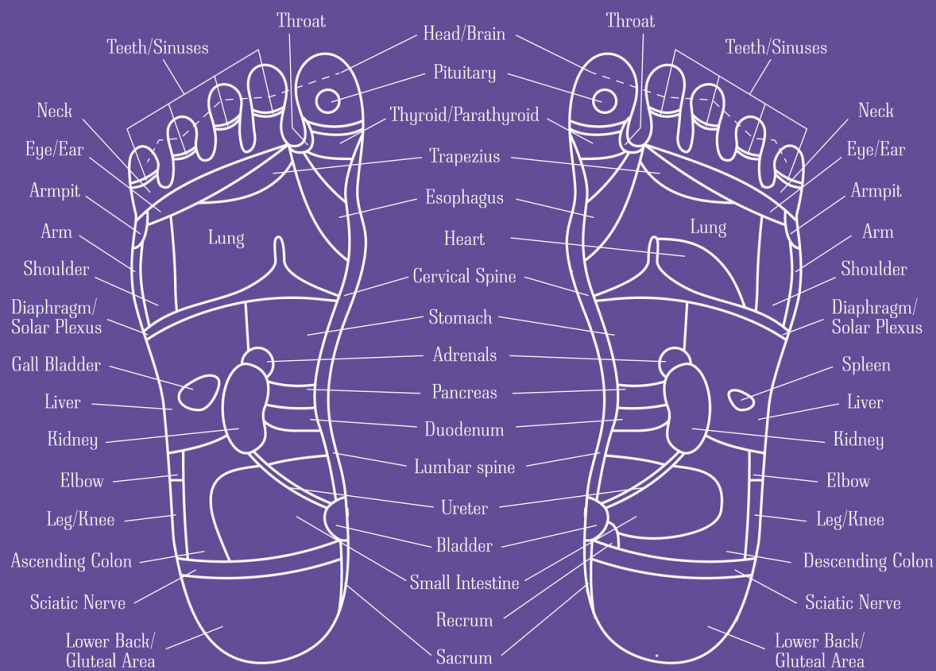
Look up the benefits of:

- Craniosacral massage (The breath of life)
- Acupressure

Hand Reflexology Chart



Foot Reflexology Chart



Technique

Do-In Self Massage - Xi Gong Tapping

Always feel appreciative and kindly towards your body. This does not mean self-indulgence!

Use finger tapping or gentle slapping for these movements.

Do each of these movements 3x.

01

Circle around the two halves of your scalp with soft fist tapping.



02

Now repeat with finger tapping.

03

Place thumbs in the inside hollows of your eye, press, then push upwards along the brow line.

04

First finger into corner of eye by nose and gently press around bone of socket under the eye. Now do the same under the cheek bone.

05

Place the palm of the hand on the tip of the nose and circle in each direction.



06

Place knuckles in ears and circle in each direction.

07

Pinch and pull around ear lobes.

08

Pinch chin and along the jaw bone.

09

Soft fist around shoulder muscle, circle, push on elbow to reach further.

10

Soft fist on chest and circle ribs. (Tarzan!)

11

Tap down inside of arm and up outside.

12

Squeeze hand, thumb in palm and between fingers. Roll and tug each finger.

13

Soft fist down muscles on either side of the spine and up sides of body.

14

Soft fist into the hollow of the buttocks.



15

Tap down inside of leg and up outside.

16

Squeeze down front of legs and up backs.

17

Rub feet briskly and gently pull toes.

18

Tap gently as you circle hand clockwise around the stomach.

19

Take 3 deep breaths as you stretch raising your arms above the head.

Techniques

Pressure Points:

- > Great eliminator – point between the thumb and first finger
- > Chapman points – two bumps on forehead
- > Temples – thin bone next to the eyes
- > Head – massage the scalp
- > Palace of serenity – Centre of the palm of the hand
- > Trigger points for NLP – repeated points for anchored positive reinforcement e.g., specific shoulder

- 01 **Hand** - Touch others acute interest/focus attention like baby exploring hands, butterfly touch to teach hand pressure, listening to body with hands (Peer Massage in Class for more details)
- 02 **Stand up** - holding back, neck and shoulders
- 03 **Spinal stroking**, from cradling head down spine with 'heavy hand'
- 04 **Rocking** – fetal, plus extreme distress adult hold solar plexus point and forehead whilst saying name with breath repeatedly
- 05 **Head holding** – cradling back of head and forehead still
This is a brief, but very calming and reassuring technique. Working in pairs, one person is seated and the other standing at their side. The person standing holds the forehead and base of skull, moulding their hands to the shape of the head, pressing and lifting very gently but firmly. Keep this position for about a minute, coordinating your breathing with the seated person. Remove the hand from the base of the skull, and grasp and pull back from base of neck to base of skull several times, to relax the neck. Gently massage hollows at base of skull with thumb and middle finger. Stroke down head and back several times, sending the seated person good wishes



Your work in AQP will mainly consist of hand massage but always useful to understand there are many and varied touch techniques.

The power of movement in mental health and learning



Much research has shown the power of movement for the developmental process for learning and wellbeing.

It is always considered to be an important part of our emotional intelligence curriculum.

So we always start with engaging the body for a few moments using a variety of techniques depending on the age and ability of the individual.

1. Trampoline
2. Wobbly board
3. Xi Gong
4. Breathe and stretch
5. Turning 3 times in each direction

Research has shown a positive association between 5-20 minute movement breaks in the classroom and cognitive skills, academic achievement, test scores, attitude and behaviour.



Positive benefits of activity on the brain:

- > Cognitive skills including executive functioning, attention, memory and verbal comprehension
- > Academic achievements on test scores
- > Attitude changes in motivation and self concept
- > Academic behaviours such as on task behaviours, organisation, motor planning and impulsive control

Warm Up

01

Shake the hands vigorously

02

Rub the hands together

03

Let the hands float apart and notice the heat between the palms

04

Bring the hands together and apart without touching, notice any sensation

05

Interlink the fingers and rub hands briskly towards and away from your self

06

Place the warm hands over your heart

07

Feel the warmth of the hands on your heart

08

Stroke the hands lightly and look at the palms of your hands

09

Look at the finger tip patterns

10

Look at the nails look at the lines on the palms

11

Look at the rivers and valleys they make

12

Imagine you are painting over your palms and fingers very lightly

13

Cup your hands and pretend that they are ears

14

Place a hand on someone's arm and listen to what kind of story their arm is telling you eg about how they have carried heavy bag, what a nice warm jumper they wore today etc.

15

Hold one hand and squeeze gently then hard, stop before it hurts



Posture

Our posture is very important and gives many non-verbal messages to others especial to the emotions and the unconscious mind. It I thought to be 80% plus of non-verbal communication.



Whatever our body shape it is always good to make the best of it by lifting the spine and relaxing the body around the open shoulders. This will enable good breathing by making sure the lungs can expand and contract as they were designed to support your body.

76% of our waking hours are spent in some form of communication.

No matter what age you are it is important to be aware of how you are standing, sitting and moving. You would automatically hang up some article of clothing carefully. Take equal care to use the coat hanger of your shoulders on your upright spine and drape the rest of your body around it so there are no wrinkles, aches and pains as well as good breathing space for your lungs.

Body Sculpting:

A method of trying different postures with different emotions playfully. Pretend to be OK- Maybe you have seen someone (cartoon) being OK. How would you/they look, sound appear to others. Now draw an imaginary circle in front of you and imagine yourself relaxed. Now take a deep breath and step into that relaxed self and feel how it is different. (maybe the teacher can point out the differences in your stance and facial expression. Now step back into being OK' Of course yoga and tai chi practices are always good for postural work.



Breathing

There are basically three types of breathing:

- > **Clavicular** (Shallow)
- > **Intercostal** (Middle)
- > **Abdominal** (Deep)

Lungs are custom built for the body they occupy, designed to oxygenate the system and keep it healthy. The brain uses about 20% of the oxygen we breathe.

Most people have forgotten how to breathe properly. They breathe shallowly making little or no use of the diaphragm. This dramatically reduces the amount of oxygen we take in. less oxygen means less vitality and lowered resistance to disease.

Breathing and emotions are interdependent from. Anger and fear for instance causes breath to become shallow, rapid and irregular. Relaxation or concentration causes breathing to slow down.

1. Stand up against a wall, with your heels, shoulders and head touching the wall. This will help with your posture. Step away from the wall and see how this compares with your normal stance.

2. Stand with your feet under your hips, toes pointing forwards. Let your spine become erect and your head balance on top. Feel your body balancing and becoming symmetrical.

3. Let your fingers rest on your stomach, fingertips touching. Take a deep breath out and pull your stomach in, pushing all the air out. Now breathe in and expand your stomach, breathe out and push all the air out. In-hale to the count of 4 breathes, exhale to 6. Do this 7 times in the morning and whenever you have time during the day.

4. Clasp your hands behind your back. Take a deep breath, push your hands down and let your head fall back. Breathe out. Now breathe in, and as you breathe out again before, bend forward till your spine is parallel with the floor, arms are still up. Breathe in again and come up as you breathe out.



5. Take a deep breath and hum as you breathe out. Time yourself and see if you can increase the length of the hum.

6. Work with a partner. Place your hands on each other's stomach. Deepen your breaths and breathe together. Quieten your minds, think of sunshine and blue skies. Imagine yourselves sitting in sunlight. Do this for 5 or 10 minutes.

Toxin Release

Stand

Feet under hips, toes forward, shoulders relaxed. Three complete abdominal breaths while stretching arms above head.

Feet

Wriggle toes, spread toes, point toes, point toe then heel three times with each foot.

Knees

Circle knee three times with leg bent.

Hips

Lift foot behind, hold, raise opposite arm, push foot away from body.

Hands

Stretch fingers, make a fist.

Shoulders

Shrug. Push shoulders down, give yourself a hug, arms back, hands on shoulders, circle elbows large with breath

Elbows

Flick arms down as if flicking water from fingertips.

Shiatsu Breath

Hands clasped behind back. Breathe in and push hands down, head back. Breathe out, lift arms up. Breathe in, breathe out, bend forward. Breathe in, breathe out and stand up.

Stand Relaxed

Head dropped to chest. Breathe in, raise head. Breathe out, head in. Mouth open, teeth in. Inhale, raise head. Exhale, head to right. Circle head. Tense jaw, tongue, eyes, forehead. Screw faces up, yawn, stretch tongue out.

Stand Relaxed

Feet wide. Breathe in, raise right arm. Breathe out, go down to left. Vise versa. Feet wide. Drop head, shoulders, relax spine as you bring head down to knee level.

Spinal Twist

Stand with right hand on shoulder. Left hand behind back breathe in, twist to left as you breath out.

Yoga and Tai chi

Yoga is a very ancient practice and means uniting the mind and the body, in other words integrating and including our whole selves.

It is now often used for exercise and relaxation which can be done in many styles in the gym for instance or on a retreat somewhere not always quite so far as in an ashram in India...

For the purposes of our practice in schools we tend to use various gentle breathing and stretching exercises finishing off with a relaxation or guided meditation. Yoga is woven into our AQP programmes with other skills and techniques.

Belly or complete breath is key to good breathing practice and the Hare posture opens up the upper chest and helps train the body to good breathing practice. This can be done sitting at a desk or kneeling whichever is the least

Disturbing in the moment.

Tai Chi is the practice of moving meditation and Zen walking is something to take from this ancient practice.

Standing as if your feet are on a railway track.

Hands on tummy and 3 complete breaths.

Breathe in and stretch onto your toes stretching up then breathe out as your arms come down by your side.

Relax your knees and move your balance centre (3 fingers below the navel) to the right, then left and gently twisting to the right and left.

Now pick your right foot up and place in front of you heel, middle of the foot and toes sway your body to the right, now pick up your left foot and do the same feel the ground beneath your feet (bare feet if possible) do 3 steps then gently reverse. Let your arms swing with opposing feet slowly.



*Walk as if you
are kissing the
Earth with your
feet.*

- Nhat Hanh



Xi Gong

Warning:

**These exercises will not cause pain if done correctly.
Any pain then STOP Immediately**

01

Head rolls: Head balanced on the upright spine as you breathe in. Breathe out and let your head fall forward. Breathe in and lift head, breathe out as you let your head go back slightly. Breathe in and bring the head back to a central position. Breathe out as you look to the left, breathe in as you return to the central position. Breathe out as you look to the right, breathe in as you return to the central position. Breathe out as you let your head drop to the left shoulder. Breathe in as you return to the central position. Breathe out as you let your head drop to the right shoulder. Breathe in as you return to the central position.

Breathe out as you let your head drop forward, breathe in as you roll your head to the left shoulder breathe out as you let your head roll back, breathe in as you let your head roll to the right shoulder and breathe out as your head rolls forward.

Now do the same in the opposite direction.

02

Breathe in and lift elbows to shoulder level. Breathe out as you bring hands together, thumb and forefinger touching. Gaze to the right hand, breathe in and extend both arms out to side, breathe out and bring hands back to centre, do the same to the left. (3 times)

03

Breathe in and lift hands to back of shoulders, breathe out, gaze to the left hand as you breathe in and stretch both hands up to the clouds, breathe out as you bring hands down to shoulders, now repeat to the left. (3 times)



04

Right hand in front of the left down in front, gaze to the right hand, breathe in and lift both hands up in front, breathe out as you make a large circle with your hands, do the same to the left. (3 times)

05

Arms in "V" shape fingertips touching, gaze to the right elbow, travel along the arm to centre as you breathe in and raise elbows to shoulder level, breathe out as you open hands and press them down as if through water, gaze out of focus (soft eyes) down central pillar. Do the same to the left. (3 times)

06

Left hand behind back, right hand to the side, gaze to the right hand, breathe in and lift right hand to sky, pushing up from ribs, breathe out and lower. Do the same on the left. (3 times)



*"Laughter is the
sound of the soul
dancing."*

- Jarod Kintz

'OUR REVELS ARE NOW ENDED'

Our revels are now ended. These our actors,
As I foretold you, were all spirits and
Are melted into air, into thin air;
And, like the baseless fabric of this vision,
The cloud-clapp'd towers, the gorgeous palace,
The solemn temples the great globe itself,
Yea, all which it inherit, shall dissolve
And, like this insubstantial pageant faded,
Leave not a rack behind. We are such stuff
As dreams are made on, and our little life
Is rounded with a sleep.

- William Shakespeare
From *The Tempest*, Act 4 Scene 1