

What Are You Feeling?

Movement & Awareness Games for Children Exploring Energy, Emotions and Resilience

for ages 5 - 11 for groups or private lessons

I will be sharing with you how I teach the Alexander Technique to children through my class called AT Lab. The unit I'm guiding us through is on how to support children to find language for what they are feeling and how they can move through their emotions. I'll show you the games and tools that I use for building self-awareness along with how The Ready List and Body Awareness Journal supports agency and resilience. The presentation concludes with a brief section on how this unit can move to an online platform.

I hope you can join us.



My Unit on Energy and Emotions uses some of the following games that you'll see in my presentation. This is the sequential flow of the classes as they are taught over a 2-3 month period meeting weekly.

- **Building Self Awareness** of Inner Body Space and Outer Body Space
- **What is Energy?**
- **Chalk Drawing:** Using Color, Location, Size, Weight to express where you feel energy in your body
- **The Body Shape Game:** Our Body shape can let us know how we are feeling
- **Emotion Ball Game & The Ready List:** Exploring emotion in movement and using The Ready List for resilience. There are many variations of the Emotion Ball game. My presentation shows only one way to play it.
- **Writing a Story:** Putting emotions in context for children to embody and move through
- **Body Awareness Journal:** A practice helping children to connect to their ever changing energy.
- **Online Teaching:** Using the White Board for body awareness journal or for creating energy paths for movement on Zoom, Using props from you space for children to interact with. If you are working privately with a student online, you can drop off props to their home for them to work with during their lesson with you.

elizabethcastagna.com

feellikeyourself@gmail.com