

WELLNESS WORKSHOPS

AN OUT OF THE BOX FESTIVAL PRODUCTION

The Wellness Workshops are designed to connect the mind and body through the principles of movement, stillness and mindfulness seen so strongly in many Asian cultures and spiritualities.

Learning from the expertise of experienced facilitators, children can find a moment of calmness before heading off to their next festival adventure.

BABY YOGA

An interactive parent-baby workshop experience, bond with your baby (eight weeks to crawling) to learn a unique yoga sequence designed to improve your baby's development, using movement and songs to enhance learning. Led by Suzanne Swan, Yogababy.

YOGA FOR CHILDREN

Yoga for Children is a fun and active yoga class for kids aged 3-8 years combining song, stories and games. Children learn yoga postures and breathing exercises to grow strong and flexible and increase their sense of calm. Led by Suzanne Swan.

TAI CHI

Through play, children aged 5 to 8 exercise their motor coordination and learn about interaction with others. Tai Chi makes great use of children's imagination and takes cues from Chinese folklore and cultural history. Children will learn Qigong (energy-work) warm-ups, Wudang Five Element Animal Play (Tortoise, Phoenix, Tiger, Dragon and Snake), and Qigong energy-point massage.

EARLY YEARS FRAMEWORK

Outcome 1: Children have a strong sense of identity.

Outcome 3: Children have a strong sense of wellbeing.

Outcome 4: Children are confident and involved learners.

QUEENSLAND CURRICULUM ASSESSMENT AUTHORITY

ESSENTIAL LEARNINGS

THE ARTS

Ways of Working

Practise arts works, using interpretive and technical skills; follow guidelines to apply safe practices.

Knowledge and understanding

Gross motor movements, including locomotor and non-locomotor, are used to create actions for movement phrases.

Directions, levels, shapes and pathways are used to move in space within movement phrases.

SOSE

Knowledge and understanding

Culture and identity: Groups and communities are identified by practices, symbols and celebrations that reflect their values, beliefs and sense of belonging.

All
Ages



MEDITATION WORKSHOPS

Experience a taste of the world of Tibetan Buddhism through meditation, mindfulness, stories, and customs unique to the Tibetan culture. Children aged 5 to 8 will learn how to sit 'like a Buddha', work with their breath, relax their bodies and minds, focus their senses, chant simple mantras and cultivate loving kindness. The Meditation Workshops are led by Venerable Drolkar from Langri Tangpa (Buddhist) Centre, Camp Hill.

SHAOLIN KUNG FU

Shaolin Kung Fu is a crucial discipline for improving health and fitness, confidence and self discipline. This fun, introductory workshop is led by Brisbane Kung Fu Centre and Shifu Jason King and is for children aged 5 to 8.

PROUDLY SUPPORTED BY PLAYGROUP QUEENSLAND

AUSTRALIAN CURRICULUM V.8.1

The Arts

Dance: F-2

Explore, improvise and organise ideas to make dance sequences using the elements of dance (ACADAM001).

Use fundamental movement skills to develop technical skills when practising dance sequences (ACADAM002).

Health and Physical Education: F-2

Discuss the body's reactions to participating in physical activities (ACPMP028).

Incorporate elements of effort, space, time, objects and people in performing simple movement sequences (ACPMP029).

NEED TO KNOW

AGE RANGE All Ages

VENUE Cultural Forecourt, South Bank

COST \$15 or \$10 with any performance

BOOKINGS outoftheboxfestival.com.au/preview

Refer to Festival Timetable on pp. 16-17 for available times and dates.

CREATIVE LEARNING GUIDE

Wellness workshops look at how the mind and body connect through movement, stillness and the concept of mindfulness. Drawing on these tenants seen strongly in Asian culture and spirituality, these workshops provide opportunities to explore these ideas through baby yoga, yoga for children, tai chi and Qigong, meditation and shaolin kung fu.

ART FORM FOCUS:

The Arts: Dance and Drama, Humanities, Social Sciences and Health and Physical Education

KEY MESSAGES:

How does the mind and body connect through mindfulness?

LEARNING OPPORTUNITY:

These workshops provide opportunity for participants to become aware of their body and thoughts using mindfulness and yoga techniques.

LEARNING ACTIVITIES:

MINDFULNESS

- Discuss what mindfulness is. Brainstorm why it is important and some benefits of mindfulness.
- Practice mindfulness. Stare at one spot, clear your head. Practice focusing on this one spot, decluttering the mind.
- Listen to a guided meditation or guide participants through a visualisation activity. For example: Put your hands in front of you and imagine a ball of energy between your palms. Focus on your ball of energy. What does it look like? What colour is it? Does it spin? Does it glow? Guide participants out of the meditation. Reflect on the process, consider what it was like to be in the moment. Discuss the experience and how you feel after the experience.
- Practise breathing exercises and discuss breathing in with upward movements and out with downward movements. Explain the breathing process and cycle through the body.
- Use visualisation to assist with breath control and understanding. For example: Lie on your back. Legs stretched out. Arms by your sides. Close your eyes. Imagine there is a candle with one candle burning brightly in front of you. Breathe in one big breath through your nose. Breathe out through your mouth. Imagine gently blowing the candle out (Guide participants through the breathing by counting to three). Repeat the activity. This time, the cake has eight candles on it. Guide participants through the breathing exercise by asking them to breath in and out for four slow counts.

MOVE YOUR BODY

- Stand with legs hip width apart and knees unlocked. Become aware of how your feet are touching the ground and what kind of imprint your foot is leaving on the ground. Lift your toes off the ground, balancing and become aware of where the weight shifts to. Consider:

- Are you more centred or balanced in this position?
- How does this action change how your body is aligned?

Walk around the space being aware of what parts of the foot are touching the ground. Change the way you are moving in the space (for example: creeping, sliding etc) and discuss what kind of print you would leave if there was paint on your feet.

- Lay on your back, with legs uncrossed and arms relaxed. Close your eyes and think about how your body is touching the floor such as:
 - How much of the small of your back is touching the floor?
 - Where is there tension in your body?
 - What would your body print look like?

Guide participants through the process of tensing individual muscle groups and keeping them tensed, starting from the toes and slowly working up the body to the neck and face. Once the whole body is tense, hold this position for up to ten seconds and then release everything. Reflect on how your body feels now and whether your body print on the floor has changed.

- Explore basic Yoga positions including:

- Child's pose
- Warrior 1
- Warrior 2
- Tree Pose
- Lotus
- Cobra
- Downward dog

FOR YOUR BABY

- Massage your baby, especially after a bath. Rub baby moisturiser or baby massage over your child's legs and stomach. Move their legs in circular motions to stimulate their senses and encourage flexibility. Sing songs related to the circular shapes such as "The Wheels on the Bus" as you massage your baby. Move your baby's legs back and forth to replicate a running movement to encourage motion.

FOR THE TODDLER TO EARLY YEARS

- Use imagery to engage in basic stretching movements such as gently reaching to the sky.
- Play mirroring exercises. Work with a partner. Facing each other, decide who will be the leader and who will follow. Leaders slowly perform a large action such as drawing a large circle. The follower, tries to perform the action exactly (and at the same time) as the leader performs it. Have half the class observe pairs to see if they can guess the leader. Swap observers with performers and repeat this process.

- Practise Story Yoga and as the story is told (narrated by the facilitator), participants must complete the actions of the characters in the story. For example:
 - *This morning I woke up. I stepped out of bed and stretched my hands to the sky. I slowly got dressed and put my pants on. I had to jump around a little to get them on. I walked outside to go the shop to get some milk. I stepped outside and it was really cold. So I ran really fast on the spot to warm up...*
 - *Once upon a time, there was a tiny seed that lay on the ground. One day, a lady came to water the seed and when she did the seed shook gently as the water trickled across it's back. The next day, the lady returned and poured a little more water on the seed's back. The seed began to wriggle and slowly, it began to grow. It grew up, up, up, up so very high into the sky. The seed was now a flower and the flower gently said hello to the sun. A cool breeze made the flower sway back and forth. As the sun set, the flower decide it was time for a rest and it gently lay down and closed its eyes ready for a good night's sleep.*

OTHER RESOURCES

WEBSITES

The Butterflies Who Were Afraid

<http://www.thebutterflieswhowereafraid.com/>

Cosmic Kids Yoga - <https://www.youtube.com/user/CosmicKidsYoga>

Mummy and Me: Yogababy

<https://www.youtube.com/watch?v=iAwKzRJWSal>

The Happiness Trap: Mindfulness

<http://thehappinesstrap.com/mindfulness>

Smiling Mind: <http://smilingmind.com.au/>

Article from Buddhist magazine, Lions Roar

www.lionsroar.com/how-to-practice-metta-with-children

Brisbane Kung Fu <http://www.brisbanekungfu.com/kung-fu/>