

Body awareness

Track 1 **box of delights** finger tip movements up and down arms.-one arm at a time.

Track 2 **loss of memory** gentle face massage

Track 3 **sunny London** hand tapping up and down the body starting from the shoulders to the feet and back up again.

Track 4 **falling snow** Hand and finger massage

Track 5 **Ballet of the bears** Dancing with the arms rocking or swaying holding hands

Track 6 **Watery fowls** Foot massage

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