

## Working with 6<sup>th</sup> class students

I took 41 6th class students in the school for six weekly sessions. They were very interested. They made a personal journal, which they will keep and use as a reference for the future.

### Week 1

Tai Chi: Rocking, Shower of light

Song: Leadership song

Fingerholds

Guided fingerhold meditation

### Week 2

Revision of fingerholds

Song: O Great Spirit

Breathwork

Tai Chi: Rocking movement

Cross-lateral exercises

Drum massage sitting

### Week 3

Song: O great Spirit.

Tai Chi: Circle of light, the Globe of light, Shower of Light, the Offering, Let Go/ Open to Receive.

Emotional Freedom Technique

### Week 4

Song: O great Spirit

Tai Chi

Pal Dan Gum

Meditation of gratitude

The Holds

### Week 5

Tai Chi Salute to the sun.

Figure 8 exercise

Acupressure for physical symptoms

### Week 6

Revision of the course: Comments, feelings, hopes, changes. Challenge to share it at home and with others.

Revision of Tai Chi movements.

Revision of songs

I enjoyed working with this group, They were very enthusiastic. Emotional literacy is a new awareness for them. Through Tai Chi visualisation, massage and other practices they now have skills for life