

HANDBOOK FOR TEACHERS

ART FOR WELLBEING IN THE CLASSROOM

EXPLORING ANXIETY WITH OBJECTS

Good for	Releasing tension Fun Concentration
Length	10 mins
Resources	Peacock feathers 75- 90cm (1 per child or 1 between 2) Beanbags. Hall / large empty room
Actions	<ul style="list-style-type: none">• Demonstrate how to balance a peacock feather on your fingertip. Ask the group to treat them very gently as they break easily. Store these in a cardboard tube.• Invite the children to stand in a space with approximately 1 - 2m distance between each other and equal distance from each other. Hand out the feathers.• If the top of the feather moves forward or sideways bring your hand underneath the top of the feather to balance it. Try to stand still and hardly move the feather.• Once you have mastered balancing the feather try to slowly direct the feather in the direction you wish it to move in. Then stop.• This exercise can be repeated with a beanbag balanced on your head. Walking around the room slowly. Explore standing > sitting > standing again.
Tips	Practice the balancing before you run the activity Avoid any draughts or gusts of wind. Close windows if needed as this will blow the feathers off balance. Are you controlling the direction of the feather or is the direction of the feather controlling you and the direction you are travelling? Store feathers in a cardboard tube.
Variation	Once you have mastered balancing the feather you can explore moving slowly around the room very slowly. Feathers are the best object for balancing for beginners and every child achieves a sense of achievement whilst having fun doing this exercise.

