

*January Jumpstart Playwork Assignments
Session 2*

1. Continue working with your Passion Possibilities and the Reflections Exercise if you have not completed them. Complete them before Classroom 3
2. Fill out the “Identify Your Dreams” Worksheet (Short, Mid and Long Term) and have it with you for Classroom 3. Consider them to be POSSIBLE dreams, not PROMISED goals.
3. Read the Creating Dreams on the Playground of the Universe Instructions. Bring them with you to Classroom 3 for further information and direction.
4. Body Work – Put ONE or more of these activities into your daily routine to assist you in increasing your body awareness.

NOTE: If you are not currently exercising or have health concerns, please check with your health care provider before engaging in body work techniques or activities.

- a. Breathing Exercise – Stand in a comfortable position with your feet relaxed and apart and your arms resting loosely at your sides. Breathe in as deeply as you can while counting to four – hold your breath to the count of four - exhale fully to the count of four. Repeat for 5 sets. If you get dizzy, pause and wait, then repeat more slowly. Do this exercise at least twice daily and preferably three times
- b. Get into water for a minimum of 15 minutes this week – swimming, hot tub, steam room. Water helps to release toxins and loosen your muscles. It helps you de-stress and get your energy (Chi or Qi) flowing.
- c. Take a “detox” bath. This website offers some great instructions for how to do it.
<http://healthylivinghowto.com/1/post/2012/01/detoxification-part-i-healing-waters.html>

- d. Upon waking, conduct a quick body scan. Starting with your toes, check in and FEEL your toes. Notice if they hurt or feel tight. Breathe deeply and release the energy of tightness, stress or pain you feel. Wiggle your toes and exhale as you consciously relax your toes.

Focus next on your feet, checking in to identify pain, discomfort or stress and consciously breathing and releasing. Then move on to ankles, calves, knees, thighs, hips and so forth, up to the top of your head. Continue releasing pain, stress, and discomfort and intentionally relaxing every part of your body.

- e. Take a 15-30 minute walk outside. As you walk, notice what's around you. What do you see? Feel? Hear? Smell? Pay attention. FEEL the motion of your body walking. Notice your feet in your shoes. FEEL the movement of your arms and legs. Notice your breathing. Inhale and exhale as fully as you are able.
- f. Notice your energy before and after each activity you choose. How do you FEEL? Share whatever comes up with your buddy on your buddy call.
- g. Upon retiring for the day, conduct another quick body scan just as you did upon waking. If you fall asleep before you complete this exercise, that's GREAT! You are consciously relaxing your body.
- h. Look for one (or more) "self care / self love" practice you can *consciously* choose daily.

Examples:

- Hug someone you love and BE HUGGED in return for AT LEAST 20 seconds
 - Snuggle with a pet
 - Take a nap
 - Turn on your favorite music and dance...or SING!
 - Play a game you love (tennis, basketball, etc.)
 - Meditate
 - Laugh!!!!
- i. As you do these practices consistently, your "thinking" and creativity will likely improve. Notice whether your awareness of your surroundings is different. Notice changes in light, color, sound, intuition. Notice how time shifts. (You may find you have MORE of it!) Journal or write down anything you notice. Share with your buddy.



- j. If you want additional practices for monitoring water and food intake, check with me. I can give you information and resources.