

Children & Focusing Academy
2025
1st Class
Handout

Intro with numbers

Let's have an introduction with numbers.

Pay attention inside.

Take in the question, what is the three most important number in my life, what I would like

to share in this circle.

Take your time.

Maybe you can feel what these numbers are for you.

What is the meaning of them.

Maybe you can feel where all that is in your body.

If you feel, you found them take a moment and we will have a sharing circle, an introduction.

Who can this be – play with your name

It's a good activity when you just get to know a group of children, but other times too.

Have some paper and felt pen or crayons around.

Ask the children to draw their names. It is better to use the word draw even with older children too, because it takes them to a different place.

You can even say that their name can have a special color or shape. It is special because it

comes from the inside.

Now ask them to say their name inside, how does it sound inside? Maybe it has a place inside their body. Wonder about that.

Then ask them to say it out loud and then louder. The whole group can say it together.

Then ask them to say it quietly again, they all can take a moment to feel it inside again.

How was it to say and hear their name out loud?

After this you can invite the children to a fun game.

Now draw your name backwards. Let's listen, how does it sound.

Maybe it has a different sound, voice inside.

Who can this be?

How can she/he look like?

Take a moment to feel it inside.

If you feel like it you can draw a picture of him/her.

Where do you feel him/her inside?

You can say thank you to your body for showing this special sound to you.

The activity is opening the children's fantasy but at the same time it also opens the way to the inner life and process as well.

Playing with their voice, listening to their inner and outer voice helps children with the listening and the resonating process.

Safe space exercise and activities with children

Take your time, get comfortable where you are sitting. Pay attention to your breathing, feel your feet on the ground, let your attention inside.

If it feels comfortable close your eyes.

- Let your body to smell your environment, let your body to find a smell that calls your attention. Maybe there is a picture that goes with it, maybe a memory...just stay with it for a little while. Then find it a place inside where you can come back to whenever you want to.
- Let your body to hear your environment, let your body to find a sound that calls your attention. Maybe there is a word, a picture that comes with it...just stay with it for a little while. Then find it a place inside where you can come back to whenever you want to.
- Let your body to taste your environment, let your body to find a taste that calls your attention. Maybe there is a memory, a word, a picture comes with it...just stay with it for a while. Then find it a place inside where you can come back to whenever you want to.
- Open your eyes, look around in your space where you are. Let your eyes find a spot or an object there that calls your attention right now. Just stay with it with your eyes and maybe there is something that comes from the inside, a sound, a memory, a word... Then find it a place inside where you can come back to whenever you want to.
- Let your hands explore it. Go there pick it up, touch it...how does it make your hands feel. Stay with it for a while, maybe there is more that comes from it. Then find it a place inside where you can come back to whenever you want to.

Create a safe place inside – Drawing

Take your time, get comfortable where you are sitting. Pay attention to your breathing, feel your feet on the ground, let your attention inside. If it feels comfortable close your eyes. Let your attention inside and feel the center of your body. Let your body create a safe, comfortable, and open space inside. Stay with this safe place for a while. Maybe

you can see the color of it,...maybe you can feel the texture of it, ...maybe it has a sound...Just stay with it for a while. Let your body, your whole body to feel this inner safe place. In your own rhythm thank your body for showing that to you and slowly in your own rhythm say goodbye to it and bring your attention to the circle with us.

Now, let's get our paper and drawing materials, and we can draw how our safe place looked like.

As you share and listen you can add all the things as well that came and is important for you.

Activity with children

- Look around in your home or in the classroom, in the garden with your „magic glasses” or give a child a camera
What calls your attention, maybe there is something what you haven't really seen before – take a picture
- Glue the picture on a piece of paper, pay attention inside, just let the words come, it could be a map of words. With younger children you can draw around the picture.
- Create your world
You can take a walk and collect objects together or the teacher can prepare the activity by collecting objects from nature into a big basket (stones, leaves, barks, berries, flower petals etc.)
Lay the objects on a table or on the floor. We'll create a world today, your own world what you feel inside.
Ask the children to take a look at all the things, then pay attention inside.
Give each child a tray or box and ask them to collect the things what they need for their world and they can start the creation.
During the process you can offer them to check in inside from time to time.
Take your time.
When they feel they are done:
 - Maybe you can name your world
 - Maybe there is something special what you would like to share about it
 - Maybe someone lives in this world, who are what are they
- After they find someone or something who lives in their world, you can offer to create this being. You can use a chair and art materials or draw and glue as you see on the slides. But you can come up with your own ideas. Have time to share, so they can introduce “their being”.
The children can write a story about it/him/her.

Remember, take your time with everything! Go step by step, one day at a time!

