



Discover the Treasure Within
The Way of the Leaf

HANDS-ON ACTIVITY

by Dr. Roxanne Daleo

OBJECTIVES: We learn from the physical first. Balance is experienced by way of the physical senses.

1. Encourage children's developing language and communication skills by talking with them about their worries and fears.
2. Dispel any misconceptions.
3. Listen to the children response carefully; write down their ideas on the leaves.
4. Provide opportunities for children to share with each other; talking out their feelings.
5. Respond attentively to the children's verbal initiative.
6. Bring attention of the listening children to the facial expressions of the child as she (or he) speaks about her (or his) fears.
7. Name the emotions on the child's face who is talking about her fears and worries.

AGE RANGE: Preschool and up

MATERIALS NEEDED: paper, crayons or colored pencils

PROCEDURE:

Step 1. Listen to the Guided Imagery Relaxation Journey : "Way of the Leaf

STEP 1. Use the print out of the autumn leaves, one sheet for each child.

For preschool, use colored print out. For older children, use pencil drawing of leaf or colored print out. Have them cut out each leaf they need.

STEP 2. Ask child to write or draw a picture of their worry on a leaf. One worry for each leaf. Child can use as many leaves as they need.

STEP 3. Tell the child, "Just as the leaves fall gently from the tree, so can a worry or fear placed on the leaf fall away."

STEP 4. Show child, he or she can "rid themselves of their worries" by putting them on the paper leaf, scrunching up the paper leaf and tossing it in the trash.

Step 5. Repeat procedure as many times as necessary.

VARIATION ON THEME: Take a walk in nature, collect real leaves and use them to place a worry thought. Then go to a bridge over water or a stream and throw away the leaf.