



Homework year - Unit 3, April 2012

1. Write your reflections on your experience of the unit and the week following it and email them to me (*by 30th April*).
2. Complete the unfinished homework from the last 2 sessions and email them to me by 15th May.
3. Body awareness skills:
 - a. at least twice a week for a few minutes - check in with yourself and let yourself become aware of your body sensations as you watch your breathing (*see handout on Body Skills Training*).
 - b. once every week - touch and massage your feet with loving care (5 mins. or more)

Write a brief paragraph on your experience of a. and another one on your experience of b. and email it to me by 30th May.
4. Read about the theme of “breath and breathing” and write a brief report about your engagement with the topic (about 2 pages) (by 30th May). **NB:** *On the Entelia website in the section on ‘Teaching Materials’, there are readings in unit 1 which relate to breathing, as well as more readings in this unit.*
5. Once a week allow yourself to do something novel / interesting / playful / challenging / adventurous.