



Homework year - Unit 2, February 2012

1. Reflections on your experience of the unit and the week following it (by 10th March)
2. Body awareness skills:
 - a. once a day - check in with yourself and do whatever you need to do to make yourself more comfortable
 - b. once every week - touch and massage your feet with loving care (5 mins. or more)
3. Search out a picture of yourself as a very young child and befriend that small child: at least 2 times a week speak with it and say some loving things to it
4. Read about the theme of “needing” and write a brief report about your engagement with the topic (about 2 pages) (by 30th March) (many articles are on the Entelia website)
5. Do a food diary for 3 days in a row - what you ate and in what context
6. Once a week give yourself a treat (a real one, like time for yourself, or time with a friend, or time to stop and stare, etc)