

The Wonder of Life



I want you to imagine yourself as a tiny little seed that is beginning to grow... as you develop, your arms and legs begin to stretch out ... just like a tadpole begins to turn into a frog... You stretch your legs and arms so that they can grow stronger... Sometimes you are very quiet when your Mum is resting, but when she is walking and exercising you stretch your legs as well and kick them.... As you get bigger you can hear a sound that is steady and regular... this is your Mum's heartbeat ... it's the first sound that you hear

After a while you begin to hear other sounds Music People's voices You feel comfortable in your safe space and know that you are being looked after As you grow bigger and stronger you can feel your fingers and thumbs – some babies even begin to suck their thumbs before they are born... You keep growing and growing until the day comes when you are ready to leave your safe space and enter the world... Imagine what it would be like to open your eyes on a brand new world... Who do you think you would see first? And next? ... You are a very special baby and you will get lots of love and care that will help you to grow strong and healthy....

Now I want you to come back to the present and be aware of your own body... Think how it has grown since you were a baby... You feel strong and healthy...

You know that your body will continue to grow and change in different ways just like when you were a tiny baby about to be born... This is the natural way of things ... You feel ready for these changes and know that they are normal and part of growing up... and that they happen to everyone eventually... Think about your body and how you can look after it to keep it healthy and strong... what you can eat and drink... the exercise you take ... the rest you give your body during sleep... All these things will help you to grow and change You are happy to be growing and changing...

Now become aware of the sounds in the room ... and when you are ready, count back from five to one and open your eyes on your present world ...

**Walk Tall,
Fourth Class p. 142**