



## The Good Words Podcast - CORPOREAL

### ***MATERIALS NEEDED:***

Drawing materials (paper, pencil, crayons, etc.)

Measuring tape, yard stick, or other measuring device

Imagination

### ***Corporeal Shapes***

- What are some of the different shapes of people's bodies you can think of? Try and draw at least five different kinds of bodies.
- Which drawing matches how your body is? Can you think of someone you know who matches each of the other shapes of bodies?
- Label your drawings with the names of people you know whose bodies match the shapes you drew.

### ***Corporeal Pride***

In her story about learning to scuba dive, Pam Mungroo says, "We are what we are, and we should be proud of that. But it's taken me a very long time to get to the point where I'm proud of it."

- Are you proud of how your body is? Why or why not?
- If you answered, "yes": did you always feel proud of your body, or did it take you some time, like it did for Pam?
- If you answered, "no": what would it take for you to feel proud of your body?

### ***Corporeal movement***

In studying to pass her scuba certification, Pam had to move her body in lots of different ways. She describes having to do a "Buddha pose"—sitting cross-legged on the bottom of the pool. Do you remember what she says happened when she tried to do that? Her legs kept floating above her head!

# THE KIDS LISTEN



## ACTIVITY PODCAST

### Buddha pose:

Pretend you are Pam, trying to sit in “Buddha pose” on the bottom of the pool. If you can, make your legs “float” above your head. How would you feel if you were Pam and this kept happening to you?

### 9 meter "swim":

Pam also described having to swim nine meters (about 30 feet) on a single breath. Practice the kind of steady, measured breathing that Pam had to learn.

1. Take a deep breath in, then release it slowly.
2. Now, take a deep breath in, then release it as you count from 1 to 20. Can you make it all the way on a single breath?
3. Mark off 9 meters/30 feet on the ground (it does not have to be in a straight line; it can be around furniture or even back-and-forth in a shorter area). Take a deep breath in, then move across the ground however you normally would (walking, rolling, etc.) Can you cover the whole nine meters on a single breath?
4. Practice moving your arms the way Pam had to learn to do to move through the pool. Now see if you can "swim" across the 9 meters on a single breath. Practice until you can do it!

### Dance party!

Have a dance party to the song, "Good Body" at the end of the episode!

