



The purpose of this resource is to **Normalise Bellybutton Aesthetics**.

Introducing Children to '*Body grace*' from an early age, may encourage good self esteem and values *for seeing the body with positive ideas and as energy on a whole*.

This activity can be done with parents whereby Children relate to their parent and *practice positive energy*.

A question for Adults: How often do we acknowledge the Bellybutton (physically, in conversation and energetically) ?

This somewhat overlooked part of our body is a bridge since birth, energetically back to our mother.

**Activities:**

1. Drawing Energy Smiles immediately below the Bellybutton.
2. Stating "We all have a bellybutton". Ask the question - How did it get there?
3. Can you feel your bellybutton.
4. Drawing attention to the Heart, the palms and then the bellybutton.

(Tiny Teddies have palm chakra points and a bellybutton – a good reference for the Tiny Honey). I have one too, awareness.

5. Draw your body with a bellybutton.
6. Spoken Tale: *Do Bellybuttons have memories?*

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