

Feathers!

Here are some exercises for you to do using feathers! They are great to use to enhance your sensory experience when moving. If you do not have feathers, use colourful small pieces of paper instead.

Sensory Touch!

1

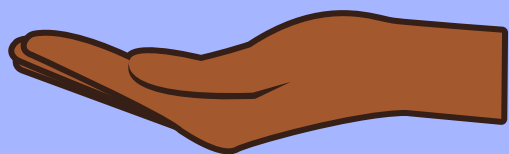
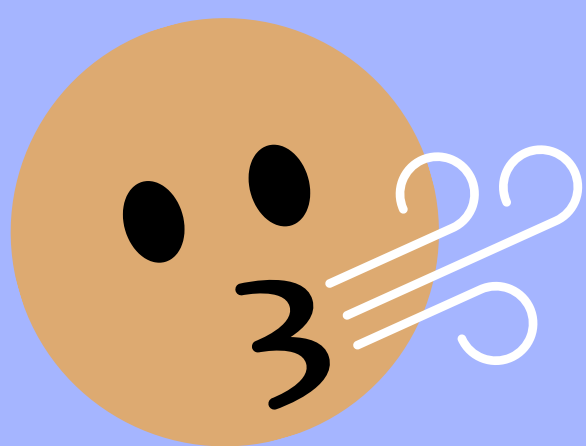
Take the feather and move it against your skin, all over your body. You can use light strokes and brushes to heighten the sensory experience. If you are working in partners, one person can use the feather on the other, a good way for you to bond. It is an amazing way to calm your mind and body, but it also may tickle!



Blow and Catch!

2

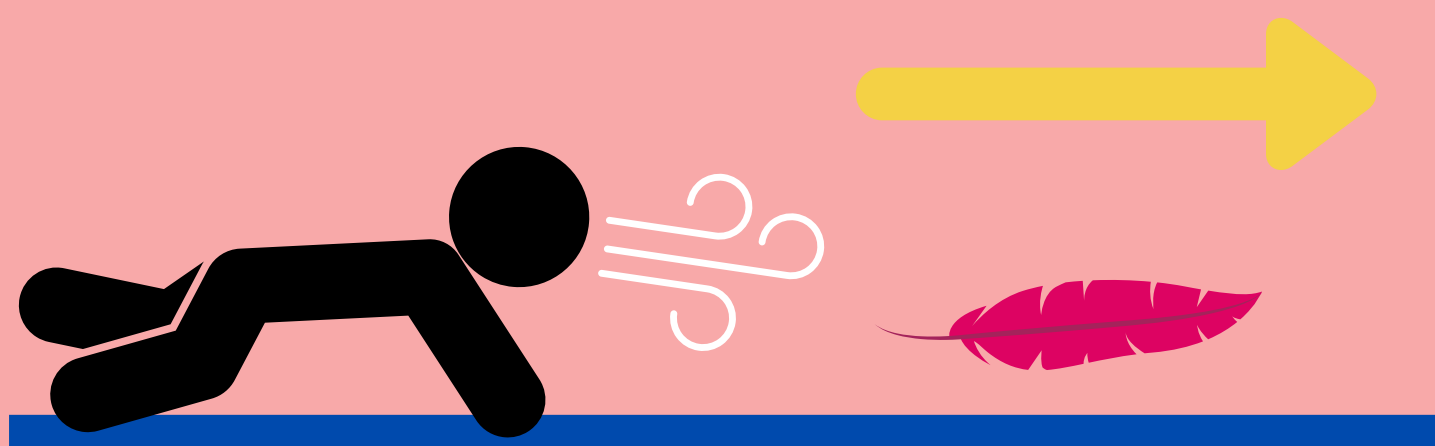
Blowing and catching your feather can get you moving in a fun way! Try to blow and catch the feather with your hands, or even different body parts! When working together, can one blow and the other person catch? There are so many possibilities!



Feather Race!

3

You can have a race with your family/friends by blowing your feathers along the floor! This encourages use of breath and floor based movement. If you are unable to reach the floor, you can use any flat surface, like a table! See who can get to the finish line the quickest!



Raining Feathers!

4

Throw a group of feathers up in the air and watch them as they fall, swoop and drift through the air to the ground. You can also have one person lift the feathers above the participant to let them fall over them. It is a great sensory experience to exercise movement responses and eye tracking.



The Bird Game!

5

In your group/partners, nominate one person to be the bird. They have to be completely still in any shape/pose they want. The other person/people have to balance as many feathers on the 'bird' as possible, using the whole body. Once you have balanced all of the feathers, move away from the 'bird' and count down from 3! When you reach 1, they can then shake, spin or whatever movement they like to let the feathers fall - it looks amazing!

