

Peacock Feathers

Take this sheet into the workshop as a useful reminder of the aims and activities

ACTIVITY	ACTIONS	NOTES
Exploring Peacock Feathers	Take your time <ul style="list-style-type: none"> • Look at the colours • Feel the texture • Run feather between your fingers • Blow into it to create movement 	Ask people about the feather to start a conversation
Exploring Peacock Feathers	Try brushing different parts of your body with the feather <ul style="list-style-type: none"> • hands • arms • legs • the person sitting next to you (ask them first!) 	Sensory elements making feathers accessible to everyone
Working with the group	Ask people about the feather and how it feels	Creating conversations and connections
Balancing the feather (horizontally)	Using both hands: <ul style="list-style-type: none"> • Balance the feather horizontally on two fingers or palms • Propel the feather upwards with hands or fingers • Catch the feather as it floats down 	Improves awareness and focus
Balancing the feather (vertically)	Balance the feather vertically on the palm of your hand Move your hand in the direction it falls as you try to keep the feather upright	Focus on the 'eye' of the feather as this will help you to keep it balanced
Making it easier - working with a partner	You can put the feather between two fingers or between your knees to make it easier to balance vertically OR Ask your partner to create a safety circle around the feather with their hands to stop it falling	Builds confidence and sense of achievement
Let's make it more challenging	Balance the feather on different parts of your body <ul style="list-style-type: none"> • Tip of finger • Chin • Forehead 	Improves focus and coordination

