

## **Head, Heart and Hips. Teaching Basic Boundaries - to young people.**

The aim of this exercise is to teach young people the concept of personal boundaries, within which they are safe and secure, and to give them a visual picture in their mind of a 'physical boundary' which is something every young child is familiar with. (Hoops).

So in a class situation, one child can stand out the front, then 3 others ( standing to his/ her side) hold hula hoops in place while teacher simply says Head, Heart and Hands... and just a few short words about them.

At the end of lesson, is repeated so kids can see with their 'new understanding' of what they are for.

**End result, next time they get called ' A piece of sh\*\*!', they see and start thinking about a hula hoop first, NOT their "shattered head and heart".**

### **Hips.**

This is basic protection, for the traditionally '*most vulnerable*' part of our anatomy, our reproductive and 'body waste' area. There is plenty of good education AND good legals to support this lower Hula Hoop, as follows...

#### ***My body's...no body's body but mine.***

With the exception of medical intrusion for examinations and medical healing – this area is totally and permanently 'off limits' to anyone, **until the young person should choose to let someone else inside it.**

In addition, young people should know that..., as the boy/girl gets old enough to understand..( *they do not have to be all that old in my opinion*)

Just who the sexual person is ... inside this hoop... straight, gay, lesbian or other... this is

**Totally their choice and in their total control.**

**AND "Totally O.K." (Violent behaviour excepted)**

### **Head.**

*Note order 'up the body' is changed here. Good reason. Because if 'the head' is well protected, looking after their most precious heart is just so much easier because same applies...*

Unlike 'hips', there are no laws or legal's saying some 'not nice person' **can NOT invade and intrude into someone else's precious head or heart.**

**So good protection is essential here!!!**

The following are some simple ways *heads* can be invaded...

*This work you have done is totally useless...*  
*You look like a girl (boy)*  
*You're totally useless...*  
*Being 'excluded' because of 'difference', race, body type,  
attitude, beliefs, actions, friendship group etc...*  
*'You're just a poof...'*

*The list is endless, etc, etc. All of the counter sayings to "100 ways to praise a child" with witch teachers are all very familiar...and work so hard to put into our wonderful young children.*

**Unlike 'sexual abuse' etc, there are no laws to protect children from the many, many 'not nice people' there are in our Community.**

**Also violence, suffering, discrimination etc in the media, in particular on T.V news etc..**

So, inside this **'Head Hula Hoop'** the child needs to know he/she is safe from all this because...

**He/she is in total control of what is let in... and**

How this information is processed... e.g. *"Mr Shipper (teacher) said my work was not 'up to speed' – it was not that bad, but I admit it could have been better, no problem, I will try a little harder next time - but maybe Mr Shipper was having a bad day..."* OR **"Class bully says 'you're just a 'weirdo'... This is a 'Not Nice person'... I do not have to spend my time worrying about what 'not nice people think'".**

Bad stuff happening... in the world, on the news...rape, violence, murder etc...

**The hoop is the 'visual barrier' for the child to keep this out of their mind,** "I do not have to let this 'bad stuff' in to my hoop, and so I do not have to worry about it at night when I cannot sleep. Gifted children might like to know that they CAN let some 'bad stuff in' for a short time if they choose... so they can 'feel it' e.g. long enough to write a poem, paint a painting etc, **then close the hoop off, and keep it where it belongs... outside.**

**He/ she can allow trusted people like Mums and Dads and Best Friends etc. in to this hula hoop, to help and to assist in processing etc...**

## **Heart.**

Same as above but this hoop is '*Tim's Magic Hoop*'...

**It can keep bad stuff out like  
“ I don't love you anymore”  
You're just useless...  
I'm not good at anything...  
No one loves me anymore  
I'm totally worthless...  
I want to die...  
I want to kill myself...**

**It can let good stuff in  
I love you. Heaps. xxx  
Plenty of people love me. Heaps. xxx  
I am a very valuable person. Just because I am. xxx  
Someone always loves me, just because I am. xxx  
I am NEVER alone!!  
I feel terrific...  
Life is 'just terrific', I am so, so happy – the world is  
such a wonderful place...**

And most importantly,

**Let the Love in. And let 'the anger' out!\*\***

Always, always *where there is love there will be anger!* This needs to be 'let out' in appropriate, non violent ways.

### **Letting The Love In.**

**“I love you... heaps...”**Make good eye contact with who is saying it, and 'let is right in'!"  
**“That poem you wrote, was just fantastic...”** As above. Always let it **RIGHT IN.**

### **Letting the Anger Out.**

**I smash bottles, (wearing gloves and eye protection), in a place where no one will see me, or hear me yelling the 'terrible things I say'!**

**I also play squash. Sometimes I hit the ball VERY, VERY hard!!**

**There are plenty of very safe ways to let your anger out which do no harm to anyone. Ask a trusted loved one for some ideas if you are stuck.**

**But remember, the worst thing you can ever do... is keep it inside of you. It does BAD things to you if you let it!**

**Remember, YOU are always in charge!!! Good luck young ones!!!**

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*\*\*Grateful thanks to Ms Ann Prescott for her insightful input re "Love and anger".*

*181. xxx*