



## Recreate Mom's Belly

### Objectives:

- Understand the environment inside the womb.
- Encourage empathy and imagination.
- Learn about prenatal development.

### Materials:

- A large, safe space.
- Mats or cushions.
- Large, soft sheets.
- Soft lighting (adjustable LED lights work well).
- Heartbeat sound or calming music (optional).
- Tape or string to define the area.
- Comfortable clothing or pajamas for the children.

### Instructions:

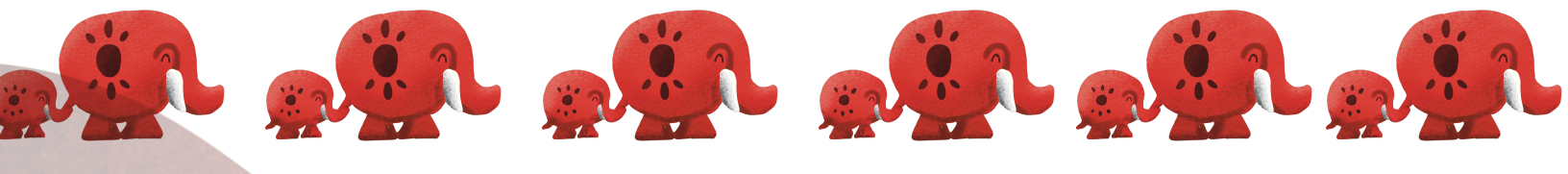
#### Prepare the Space:

- Choose a large, safe area where children can move around freely.
- Place mats or cushions on the floor so the children can lie comfortably.
- Use large, soft sheets to create a tent-like space, symbolizing the inside of the womb. You can hang the sheets from walls or drape them over furniture for support.

#### Set the Atmosphere:

- Dim the lights to simulate the soft darkness inside the womb. Use adjustable LED lights if available.
- Play a heartbeat sound or relaxing music to create a calm, soothing environment.

### The Experience:





- Ask the children to lie on the mats or cushions inside the "tent."
- Encourage them to close their eyes, relax, and listen to the sounds while feeling the softness of the sheets around them.
- Talk to them about what it might feel like to be inside the womb: the warmth, the gentle sounds, and the feeling of safety and protection.

### Reflection:

- After 10-15 minutes, invite the children to exit the "tent" and sit in a circle.
- Ask each child to share their feelings during the experience, reflecting on their imagined sensations and emotions.

