

# Tai Chi for Health



Many ways to use this ...

- Simply show the image and stimulate thought and/or discussion
- Arrange your group seated in a circle;
  - 1) ask each person to share one sentence about the one of the wheel bubbles that is most important to them at that moment.
  - 2) Randomly pick a person and a bubble topic and ask them to give one sentence of how this feels for them. This does put them on the spot, but is amazing what answers you get, very different from #1
- This is great for adults in training and with kids ... yes even occupation ... do they have chores at home? Learning can also be considered an occupation.
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