



OM



A SOUND BATH FOR THE WHOLE FAMILY, THE MORE PEOPLE THE BETTER!

Grab a saucepan lid, one for each person and a wooden spoon.

With the lid in your hand, tap the sides of the lid with the spoon and notice the sound it makes take it in turns and notice how the different lids make different noises.

Now tap the side of your lid, and with your spoon follow the sound round your lid like it's a clock.

Notice the **Om** sound, notice how loud it is at the beginning but how the sound lingers as you draw your spoon around the lid.

Create your own sound bath within your kitchen.