

Energy magazine

Subscriber

Bonus Content

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Come Out
to Play Along
with the Qiki Movie

Ruthie Moriarty and Alan Sanson

To show how much fun play can be, we made this short movie for you. [Click here](#) to join us as we build sandcastles, juggle, and play indoors and in the garden. However much we planned what and how to play, we got totally lost in the activity, quickly realising that planning is a waste of good playing time!

FUN WITH QIKI FOAM STICKS



Our wonderful invention is such fun and safe. We always find that as soon as someone holds one they just play, each in a unique, fun way. Even a bit of sword fighting has been known :-). We always keep one with us and a spare one for anyone we meet. We use swimming noodles cut into approximately 10" / 25 cm lengths. A couple of lovely comments from amazing people who have played with Qiki foam sticks. A 100 year old lady at a residential home... "Oh no not you again" she said with a big playful smile, as she prodded the foam stick into Alan's tummy. A stroke survivor "I love this, it is so tactile, just playing with it instinctively helps me use my stronger arm to guide my weak one".

Afternoon tea is now being served, however... who is going to get the biggest piece of cake!



WITH FRIENDS IN THE GARDEN



Which, when you see the movie, may look a little chaotic and it was. Adults, as a general rule, do not enjoy chaos. The trick with playing like a child is to accept the chaos, accept you might not be "good" at something yet relish the playing. Here we piled some toys on to the colourful frame, choose which ones we liked the look of and just played. No words can describe, so we do hope you take a little bit of your valuable time to watch the movie and Be In-Joy. €

Lots more Qiki-ness can be found at www.qikigong.co.uk.