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# L.I.F.E. (Live!Improve!Feel!Educate!)

"RELAXATION TECHNIQUES AND NATURE".

e-MAGAZINE Vol. 6



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### Strateški partnerji:

Czech Republic, <https://www.skolamalehostice.cz/>  
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Norway, <http://www.skarungen.barnehageside.no/>  
Slovenia, Litija, <http://www.vrtec-litija.si/>  
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Spain, <https://www.escorialvic.org/>



The “**L.I.V.E. – Love! Improve! Feel! Educate!**” project involves 6 organizations from 5 countries (Czech Republic, Spain, Italy, Norway and Slovenia). The participating organizations are kindergartens and schools, which shall mutually exchange good practices and knowledge, as well as design modern educational processes in the field of social and emotional learning (SEL).

The aim of the project is to improve emotional and social competences in the field of self-awareness, self-management of one's emotions, eg. through higher level of empathy, social awareness, interpersonal skills, social inclusion and tolerance towards vulnerable social groups across all the project partner countries. Through this project, the participants aim to draw attention of the professional community and address the importance and value of the contents of social and emotional learning for children's holistic development and thus reduce the level of dropout from schools, and raise the social inclusion of vulnerable groups. In addition to children and employees of partner organizations, the project includes families of those children, as well as local and professional community.

In the e-magazine, good practices are presented that have been successfully integrated into existing educational curricula by the partner organizations. The project is designed so that each organization shall find ways to present the contents of social and emotional learning in various project activities. The number of children involved in the project in total amounts to over 2000. Partners share experiences and cooperate in implementing them in educational processes. It should be noted that special attention is also paid to the inclusion of participants with fewer opportunities. In all organizations, the program is designed so that children with fewer opportunities and their families can actively participate throughout the learning process. In all partner organizations, deprived children and their families will be provided with opportunities of active participation throughout the learning process.

Efforts put into the L.I.F.E resulted in various good practices that formed on the basis of exchange of knowledge and experience, which we present in e-magazines. Internships can be of use to anyone who wants to enrich their educational practice in the field of social and emotional learning. We want the results of the project to be useful and applicable to related organizations across Europe.

#### **SIXTH e-MAGAZIN PROJECT ERASMUS+ L.I.F.E. »RELAXATION TECHNIQUES AND NATURE«**

Welcome to the 6th magazine of the Erasmus KA2+ L.I.F.E (Live! Improve! Feel! Educate!). In the fifth issue, strategic partners from the Czech Republic, Slovenia, Spain, and Italy present good practices focusing on the **development of self-awareness**.



### Czech Republic

Activity name:

ENCHANTED FOREST

Age of participating children:

5– 7 y. o.

Activity presentation:

- School webpage
- Notice board in the kindergarten locker room
- Newsletter of the municipality

Activity objectives:

- Harmony with living and non-living nature
- Tree Day celebration
- Ecology

Activity description:

- Motivation with the song The Fox runs to Tábor (Běží liška k táboru)
- Teamwork – making trees from fruit according to the kids' imagination (chopping, tasting, colours...)
- Autumn riddles – logical thinking
- Motivation fairy-tale About the sad Fox (O smutné lišce) – ecology talks, lesson learned...
- Movement game Deer (Na jelena)
- Individual work with a worksheet – What belongs X does not belong in the forest
- Themed walk in the woods: getting to know the forest using all senses (touch – tree bark, smell – forest scent, sight – observing changes in the autumn nature, taste – gathering blackberries, hearing – listening to the sounds of nature)
- Tree Day celebration – the importance of forests for humans, secrets of the forest (hugging trees, gaining energy, relaxation...)

Summary:

During the morning, we introduced the children the importance of the forest for humans and the topic of environment.

Together, we helped the fox clean up in the forest and to cheer up all the animals from the fairy-tale. The kids realized how their behaviour can affect the environment.

In the forest, they tried out the diversity of tree bark of various trees, how nicely the forest can smell, they observed the variety of autumn colours, searched for and tasted autumn fruits, listened to the sounds around us. Through this activity, the kids used all their senses and also enjoyed themselves.

As they hugged the trees, the kids shared their feelings and insights. We talked about energy and magical powers of nature.

The children realized how important it is to protect nature.













Czech Republic	
Activity name: <b>SPRING AWAKENING</b>	Age of participating children: 5– 7 y. o.
Activity presentation: <ul style="list-style-type: none"> <li>- School webpage</li> <li>- Notice board in the kindergarten locker room</li> </ul>	Activity objectives: <ul style="list-style-type: none"> <li>- Inducing a playful and joyful mood</li> <li>- Stretching and strengthening the whole body</li> <li>- Calming down and relaxation</li> </ul>
Activity description: <ul style="list-style-type: none"> <li>- Motivation with the poem Beetle (Brouček)</li> <li>- Movement representation of the song A little beetle woke up (Probudil se malý brouček)... (arrival of spring, awakening of nature)</li> <li>- Practicing yoga poses (sun, butterfly, seed)</li> <li>- Relaxation (relaxing music, aroma oil)</li> </ul> <p>Summary:</p> <p>We have all been looking forward to spring for a long time. We watched the sun and listened to the first sounds of spring outside.</p> <p>The children were fascinated by the poem about the beetle, which woke up in the grass. They happily portrayed the waking beetle in the song which followed. They stretched with slow and graceful movements. One beetle injured his wing, so the kids were trying to protect him and help him, they cooperated.</p> <p>We played 'the spring meadow'. The children formed a circle holding their hands and they were going round, knowing that if they stopped holding hands, the sun would stop shining. They guarded each other and shouted at their peers who were deliberately trying to break the circle.</p> <p>The sun pose – the kids observed how the sun shines on the blooming flowers. With their eyes closed, they imagined this wonderful day in kindergarten.</p> <p>The butterfly pose – in this pose, the children could experience the feeling of belongingness to nature.</p> <p>The seed pose – this pose helped the children to realize they should not step on flowers and pick them. Finally, we calmed down during a relaxation moment.</p> <p>The kids laid on their back with their legs to the centre and arms freely along the body, they were resting and breathing through their nose. To enhance the experience, we dropped lavender scented oil on the kids' forehead. On top of that, it was underlined with relaxing music. The children really enjoyed this activity, the whole classroom smelled of lavender even when the parents came to pick their children up, to whom the kids enthusiastically told about their feelings and experiences.</p>	











**Czech Republic****Activity name:****WEATHER GAME****Age of participating children:**

5– 7 y. o.

**Activity presentation:**

- School webpage
- Notice board in the kindergarten locker room

**Activity objectives:**

- Alignment of movement with music (NTC Learning)
- Relaxation with music

**Activity description:**

- Motivation with the song Spring Sun (Jarní slunce) – stretching parts of the body
- Declamation with Orff instruments – rhythm (drop, droplet, storm, thunder, lightning)
- Movement improvisation "wind" with colourful scarves (strong, weak, slow, fast running with a light tread, all of this accompanied by a piano)
- Walking in a circle, exhaling – to the song Sun, be warm (Hřej, sluníčko)...
- Kids sitting in a pair – drawing the sun on each other's backs
- Lying on the back in the playroom, relaxation – caressing the spring sunrays

**Summary:**

The kids' movement was graceful and natural thanks to using the colourful scarves. All kids participated enthusiastically. When playing musical instruments, the children mastered the rhythm. One group was playing while the other was clapping their hands to set the rhythm.

When walking in a circle, the children tried to take a deep breath and then exhale deeply while simultaneously moving their arms, which helped them to realize how to breathe properly and how their body works.

The children found the activity of drawing on each other's backs to be pleasant.

Finally, the children rested lying on their back, relaxing their whole body and mind.













## SLOVENIA - KINDERGARTEN LITIJA

## Activity title:

Relax in the playroom and in nature.

## Age of children:

4 - 7

## Dissemination:

- eTwinning
- Erasmus corner

## Objective (s) of the activity:

- Learning supportive techniques for self-management of emotions, anger management, upset management, etc.
- Developing strategies for calming down and relaxing in the playroom and in nature.

## Activity description:

The children have mastered relaxation techniques in the playroom very well. Every day, after the routine in the morning circle, we perform yoga exercises, several times they relax with guided visualizations and massages in the circle and in pairs. All relaxation techniques are highly desirable in children. We think that they need them, because after these exercises their attention improves and thus their concentration increases.

Performing relaxation techniques in nature was a new experience for the children, which they accepted very well. We often go for a walk in the nearby forest and listen to the sounds of nature. At the same time, the children calm down and relax. One day, they were tasked with finding their own tree, taking a good look at it and hugging it, then closing their eyes and feeling the bark of the tree. Then each child told some findings about each tree. They also tried naming a tree species, but it was too difficult for them. The next task was the bark imprint. My assistant and I shared larger sheets of paper that they had to wrap around a tree and crayons to make an imprint of the bark. Very interesting bases were created for the art product, which was made in the following days in the kindergarten.













## SLOVENIA - KINDERGARTEN LITIJA

## Activity title:

## Relaxation techniques

## Age of children:

4-6 years

## Dissemination:

- Erasmus corner
- eTwinning
- Book of Blue group

## Objective (s) of the activity:

- Children relax and calm down with a variety of relaxation techniques in the playroom.

## Activity description:

Together with the children, we started to perform relaxation techniques in parallel with the theme of My body. We performed movement exercises for the whole body on a daily basis. As we repeated this regularly, this custom also became part of relaxation techniques. While getting to know our body, we figured out which parts of the body are most stressed. Thus, we found that in different people, different parts of the body are the ones that need to be relaxed.

We played the game "I am sending a letter to my grandmother" with the children, where the children in pairs write a letter for their grandmother on a friend's back. At the end, they wrap the letter and add a stamp. The children initially repeated the same story, but later began to invent new stories. While changing children in pairs, the children found out which children do the "massage" best and therefore preferred to choose these children.

We painted mandalas several times while listening to meditation music. These were the only moments during the children's activities where the children were quite quiet and calmly creating their artwork.







**Spain**

Title of activities: My Hand

Age (of children):

5th graders

Dissemination:

Instagram

School web

E-twinning

Goal of activities:

Knowing each other; take a look to our inside and reconsider who and how we are

Description of activities:

Each student draw a hand in a piece of paper. Then in each finger they wrote the answer to different questions:

What does the others see when they look at me?

What things make me feel comfortable?

What things make me feel uncomfortable?

How do I feel?

Which kind of person I want to be?

After answering all the questions they mixed their hands and each student took one of them. They read the answers individually and tried to guess who the owner of that hand was. Finally, they gave back the hands.









Spain	
Title of activities: Connecting with nature	Age (of children): 5th graders
Dissemination: Instagram School web E-twinning	Goal of activities: The aim of the activity was to celebrate 'dijous llarder' in nature. Observe it, value it and talk about how to preserve it.
Description of activities:  All the students from 5th grade of primary school took a circular walk around the school to celebrate the 'Dijous llarder'. They made their way along the greenway of the city to the hermitage of Sant Jordi. There a colloquium about nature took place; they all observed the surroundings, and talked about how to preserve them. Afterwards they participated in a small drawing contest.	















Spain	
Title of activities: Let's move!	Age (of children): 5 years old pupils
Dissemination: Instagram School web E-twinning	Goal of activities: Outdoor psychomotor work.
Description of activities:  Several games and activities were prepared in a park near the school in order to work the psychomotricity of all kids. All the activities prepared were related and included elements of nature; branches, feeling the grass, sticks and stones... all of them were useful to create movement and sensations.	





## Spain

Title of activities:  
Relaxation techniques

Age (of children):  
Higher degree training course in childhood education  
(Educational Cycle)

Dissemination:  
Instagram  
School web  
E-twinning

Goal of activities:  
Prepare and carry out relaxations techniques for the  
kindergarten pupils

### Description of activities:

The pupils studying the higher degree training course in childhood education prepared different activities to work on relaxation and meditation.

They prepared the activities for the kindergarten pupils but first they carried out the activities themselves to know how they felt and also to improve them and adapt them properly for the kids.











Spain	
Title of activities: Building confidence	Age (of children): Higher degree training course in childhood education (Educational Cycle)
Dissemination: Instagram School web E-twinning	Goal of activities: Prepare and carry out activities to build confidence in ourselves and others for the kindergarten pupils
Description of activities:  The pupils studying the higher degree training course in childhood education prepared several activities with the aim of strengthening the confidence in others and also in oneself. They realized the activities outside, in a park near the school. They carried out the activities first, to test them and improve them.	





Spain	
Title of activities: Aquarium	Age (of children): 5th graders
Dissemination: Instagram School web E-twinning	Goal of activities: Learn about submarine nature and life
Description of activities:  After studying the animals in the class, all pupils from the fifth grade went to Barcelona to visit the aquarium. There they visited all the facilities and examined all the aquariums. A marine biologist explained them all about fishes and other invertebrate animals living in the sea; also about plants and seaweed. They discussed about the climate change and its effects, and how we can help to improve our sea and marine life health.	















Spain	
Title of activities: 8th of March	Age (of children): 5th graders from primary school and 2nd graders from the high school
Dissemination: Instagram School web E-twinning	Goal of activities: Make students aware of the importance of the changes that have taken place so far in the subject, and also of the changes that have yet to take place.
Description of activities:  The international Women's Day is a global holiday celebrated every 8th of March to commemorate the political, cultural and socioeconomic achievements of women. The pupils from the second grade of high school prepared a manifesto, a banner and some activities for the fifth graders; in that way they remembered the meaning of the date and the changes that still have to take place.	











Spain	
Title of activities: <b>We want PEACE!</b>	Age (of children): From first to fifth graders
Dissemination: Instagram School web E-twinning	Goal of activities: Become aware of the current situations. Being able to share opinions, thoughts, emotions, fears... empathize.
Description of activities:  Due to the current situation of armed conflict between Russia and Ukraine, the whole school has participated in various events to show rejection of the war and solidarity with all those who have been affected by the conflict. Our students need to know what is going on in order to understand what they hear and see, and also to generate critical thinking about everything around them.	











Spain	
Title of activities: Nature Inside!	Age (of children): Fifth graders
Dissemination: Instagram School web E-twinning	Goal of activities: Getting to know the effects of Spring season in our woods
Description of activities:  We love nature and now Spring is about to begin! So our pupils decided to bring nature inside and keep making it grow and flourish just like Spring does with our plants and trees. The pupils decorated the hallway like a wood and they will add elements during the Spring season (insects, flowers...). We started with butterflies!	









**Slovenia, Ljubljana**

Title of activities

**RELAXING IN NATURE**

Age (children)

**2-3 YEARS**

Dissemination:

Goal of activities

To develop mindfulness, inner peace, relaxation.

## Description of activities:

Staying in nature has a significant impact on physical and mental health. Modern man is increasingly losing touch with nature, so we think it is important to bring it closer to children from the earliest period. Children calm down in nature and become more alert to external and internal events. Vigilance is a way of being aware of your experience, accompanied by an attitude of acceptance, openness and curiosity. Research shows that regular practice of mindfulness helps individuals to achieve inner peace, well-being, higher self-esteem, including reducing stress, anxiety, anxiety and depression. To transfer as much educational work as possible to nature and to experience and get to know nature in its diversity, connection, constant change, aesthetic dimensions and its possibilities for learning.

In children, we want to develop mindfulness, inner peace, relaxation, compassion, full self-experience and awareness of the present moment through mindfulness exercises in nature.

Did you know that it is scientifically proven that trees are natural healers? You can find quite a few articles online that talk about how hugging a tree can have a beneficial effect on the human soul. Yeah, I believe someone finds that funny. Still, try sometime - if not for yourself, for your children. Take them to the forest, let them choose their tree, let them embrace it, let them calm down with it. They will definitely like it.

In the group, we hugged trees, lay on the ground (even in winter conditions) and sat in the middle of the forest on a felled tree trunk.









**SLOVENIA, Ljubljana**

Title of activities

**PLAYGROUND-A PLACE TO DEVELOP  
SENSORY INTEGRATION**

Age (children):

Korenjaki ( vulnerable group)

Učenjaki, 5-6 years

Dissemination:

Parents

Goals:

Develop sensory integration

Description of activities:

We evaluated everyday play and walks outside, through the prism of sensory integration. We involved elements of sensory integration in the activity. We share our experiences that have activated our entire body and senses and developed the development of regulation and sensory perception.

- We walked in different weather: in the sun or rain.
- We practiced different ways of riding a slide and gained different feelings with the position and movement of the body.
- Swinging: we improve control over our body in space, we get the feeling that we have no contact with the ground.
- Jumping over puddles: we developed coordination and gained new sensory experiences.
- We rolled on the grass: gained experience with uneven ground and a sense of structure, smelled grass and gained experience with the calming effect of green colour and a sense of security in the event of a fall.
- Climbing on climbers: we developed a sense of gravity, improved coordination of movement of different parts of the body, felt where the ground begins and end.
- Walking on narrow surfaces (curbs, cliffs) has improved the balance and coordination of the feet in relation to other parts of the body.
- We collected dry branches and stones, and designed various sculptures.















**SLOVENIA, Ljubljana**

Title of activities

**ACTIVITIES ON SNOW-WINTER CAMP  
POKLJUKA**

Age (children):

Korenjaki (vulnerable group)

Učenjaki, 5-6 years

Dissemination:

Parents

Webpage

Goals:

Description of activities:

We went to the winter camp in Pokljuka with the children of the groups Korenjaki, Učenjaki, and Vandrovci. The winter landscape encouraged us to do activities in the snow. We were discovering snow and "winter" through play: we played with snow, made a snowman, shoveled snow and gained experience with feelings such as cold/warm, wet/dry, hard/soft. We walked through the winter forest, tread through the snow, went down the tube or rolled down the hill. We learned basic skiing techniques and earned a medal.



















<b>Country: Italy</b>	
<b>Title of activities:</b> <b>I feel better!</b>	Age (of children): 3-4-5 years
Disemmination:  Sharing with families	Goal of activities: <ul style="list-style-type: none"> <li>- Knowledge of oneself and one's emotions</li> <li>- Increased self-control, bones of the ability to stop and think before taking an action, especially when you are upset</li> <li>- Development of the ability to recognize and interpret the feelings and points of view of others</li> <li>- Promote empathy, consideration and respect for others</li> <li>- Knowledge of some relaxation techniques</li> </ul>
<p>Activity description:</p> <p>Following the path started with the activity "The wheel of emotions", we offer children the story "The wolf who got too excited" by Orianne Lallemand (audio story on <a href="http://www.youtube.it">www.youtube.it</a>) to introduce a deeper learning on management and self-control of their emotions.</p> <p>So in circle time we verbalize the story together by discovering the emotions felt by the wolf and the advice offered by his friends to overcome them and live them to the fullest.</p> <p>By asking stimulating questions, we bring children to tell about themselves:</p> <p>-Has it happened to you too to experience some situation similar to those experienced by Lupo?</p> <p>-Which?</p> <p>-How did you get over that emotion?</p> <p>-Is there any object / action you usually use to calm yourself down?</p> <p>Any input that comes from the children will be taken into consideration to be shared also in the classroom.</p> <p>We offer a mini course of 4 yoga lessons: Breathing and the figures of The Tree, the Mountain, the Cat, the Dog, the Cobra, the Palm, the Greeting to the Sun (video lessons on <a href="http://www.youtube.it">www.youtube.it</a>). At the end of the course, we will take the children to maintain the healthy habit of exercising the »sun salutation« every morning before starting the didactic activity.</p> <p>The following week, when the group has learned the movements, we will do the »sun salutation« in the open air in the garden.</p> <p>To help children have greater self-control, let's involve them in finding and setting up a small space in the section that they can use independently at any time of the day to calm down by performing the learned deep breathing exercise.</p>	





Every day we will add some exercises (taken from the text Relaxation games by Nicole Malenfant, Erikson) that help relaxation and concentration and which will be performed together with the group and / or even independently:

### **Breathing exercises**

#### -The "candle" fingers –

Benefits: Promotes relaxation. Prolongs the exhalation. Train fine motor skills. Procedure: Seated, keeping the palm of one hand facing you, in front of your mouth, spread your fingers to represent a candlestick. Gently blow on the first candle, i.e. the thumb, and then bend it. Continue with the other fingers in succession. Take a short break between one puff and the next. Repeat the game with the other hand. Variations: Start with the little finger instead of the thumb by performing the countdown in English (5-4-3-2-1) in a low voice, when all the candles are out say – I feel better! -

#### -Fly flies handkerchief-

Advantages: Stimulates exhalation and relaxes tensions.

Material: Thin paper handkerchief.

Procedure: Divide a normal handkerchief into several layers and take one. Lie down and place it on your mouth, then blow to make it lift. Invite to blow more or less strongly. Invite to blow with the nose only.

### **Sensory games**

#### -The missing object-

Advantages: It improves attention, memory, spatial orientation.

Material: Various items and a paper bag.

Method: Prepare 4 or 5 items in a paper bag. Then take them out, on the ground or on a table, to show them to the children. Put the items back in the bag but, without being seen, take one away. Pull them out again. Children have to guess which object is no longer there.

Variants: With older children, make them guess the missing object using touch, by putting your hand in the bag.

Or, put the bag aside, have an object or two look at it, then have the kids turn around and hide the objects in the room. Children have to find them.

#### -Do you hear the tick-tock? -

Advantages: Refine hearing acuity. Promotes concentration.

Materials: Clock or alarm clock

Procedure: In a quiet environment, listen to the tick of an alarm clock and notice its rhythm. Without being seen, hide the object in the room and invite the child to look for it.





Variants: Use a music box or other musical toy instead of an alarm clock or clock. Hide two or more objects at a time

#### -What do you hear?-

Benefits: Exercise auditory discrimination. Train semantic and associative memory.

Material: Various objects.

Procedure: Still and in silence, with eyes closed or blindfolded, listen to a sound produced by an object that is nearby: water flowing from the toilet, a slipper that falls, a drawer that is closed, etc. Depending on the child's ability and age, have the source of the sound identified; to describe the sound: is it serious, is it scratchy, is it acute?

Variations: Recognize two sounds at a time. Or produce the sounds in another room.

Recognize the sounds of nature (water, birdsong, rustle of leaves ...)

#### -The perfume fair-

Advantages: Refine olfactory perceptions. Enrich the vocabulary.

Material: Any scented thing. Soaps, sprigs of rosemary, basil, fruit, fresh and dried flowers, poutpourri, etc.

Procedure: Arrange all the objects on the table, smell them and give them a name. Divide objects according to the scents you like best and least.

Variations: Try to identify objects by sniffing them with your eyes closed.

Pack cloth bags with herbs and flowers and hang them in the space obtained in the section to find peace of mind so you can smell them if necessary.

#### -The sculptor-

Advantages: Relieves tension. Strengthen your hand muscles.

Materials: Modeling clay.

Procedure: At the table, place in front of you a quantity of plasticine equivalent to a small grapefruit. Knead it, crush it, pinch it, flatten it, twist it without a specific purpose, other than the pleasure of the gesture and feeling the resistance of the material that is transformed.

Variations: Add rice grains or lentils to the pasta to give it a different texture. Replace the plasticine with other recycled materials such as a sheet of bubble wrap, or natural materials, acorns, leaves, twigs ...

### **Relax with massages**

#### -Facial self-massage-

Benefits: Activates blood circulation and relaxes the muscles of the face.

Procedure: Massage the forehead with the fingertips through small rotational movements, then drum with the fingers. Invite the child to do the same; Gently massage the corners of the eyes and





eyebrows by pulling them outwards.

- A design on the back –

Advantages: Rasserena. Promotes physical closeness. Procedure: Two by two, sitting one behind the other, draw strokes and shapes with your fingers. Make abstract or figurative drawings and guess the drawn shapes. Whoever gets massaged closes his eyes to better feel the sensations.

Variations: Pretend to knead the pizza on the other's back. Knead, flatten the dough, spread the sauce, place the filling and sprinkle with mozzarella. Then reverse the roles. With older children, write a complete word on the back

-With small materials-

Advantages: Provides calm. It makes contact easier for those who are bothered by being touched.

Procedure: Massage yourself with the help of appropriate materials, such as: cars, empty water bottles, a rigid cardboard cylinder, a soft glove, a wooden rolling pin, a foam ball, an orange or an apple. Invite the child to tell the parts touched.

Variations: Invite the child to self-massage with these materials, or propose the game between several children, in pairs.

All the activities over time will become part of everyday life and the teacher will stimulate the children to take care of the "Relax Corner", creating and discovering with them anti-stress objects (scented bags, materials to manipulate, fabrics to caress ...) and actions that help in self-control



















<b>Country: Italy</b>	
<b>Title of activities:</b>  YOGA AND MINDFULNESS IN THE CLASSROOM. simple practices to increase self-awareness, calm and relaxation.	<b>Age (of children):</b> 6 years  R.Chinni primary school  Classes: 1A and 1B
<b>Disemnation:</b>	<b>Goal of activities:</b>  Promote relaxation through simple techniques aimed at reducing anxiety, the state of tension, hyperactivity.
<b>Description of activities</b>  Exercises to promote awareness of breathing. Breathing is the most direct tool for managing anxiety and stress. <ul style="list-style-type: none"> <li>• Abdominal breathing. (photo 1)              put your hands on the rib cage and press, imagine a balloon inside the belly, inhale imagining the balloon inflating; exhale by deflating the balloon. Repeat the exercise 4 \ 5 times.</li> <li>• Exercises sitting at the desk to improve posture and relieve tension:              practice silence (a few minutes),              I inhale head back \ exhale I flex my head forward;              I inhale, extend my arms, hands open   / exhale, close my fists, release my arms.              The position of the back is important: straight, never resting on the backrest, feet together on the ground. Repeat the exercise 5 times. (photo 2)</li> </ul> The perception of one's body. balance exercises: standing, I fix a point in front of me, flex one leg back, put my arms on my head, stay in balance for as long as possible. (photo3)  The exercises should be performed consistently, dedicating at least ten minutes a day to the psychophysical well-being of the students.  The practices were performed almost daily for about ten minutes at various times moments of the school day, after the execution of the same, the children seemed calmer. Of course, to acquire the various techniques, training must be constant and prolonged over time.	









<b>Country: Italy</b>	
<b>Title of activities:</b> Mindfulness relaxation technique Audio exercise	<b>Age (of children):</b> 8/9 years Ritucci Chinni Primary School Class 3B
<b>Disemmination:</b> With families	<b>Goal of activities:</b> Promote psychophysical well-being through relaxation and breathing exercises.
<b>Description of activities:</b> In the classroom and in the gym <ul style="list-style-type: none"> <li>✓ Relaxation techniques</li> <li>✓ Progressive muscle relaxation exercises</li> <li>✓ Breathing exercises through the guided video</li> <li>✓ Create a relaxed atmosphere</li> <li>✓ Music accompanied by relaxing words</li> <li>✓ Yoga positions</li> <li>✓ Breathing and imagination exercises</li> </ul> <b>Mindfulness audio exercises</b> <b>"Calm and alert as a frog"</b> <b>"Secret Garden"</b> Through the exercises the child is stimulated to inhale and exhale deeply and to become aware of his own breath. Back straight but relaxed, legs crossed as the frog does, close your eyes, shoulders down and through listening to the guiding voice, you get the ability to remain calm and calm, the whole body is still and aware. <b>Relaxation and muscle stretching exercises</b> <b>"The cat"</b> <b>Benefits:</b> relaxes, makes the spine more flexible. Promotes abdominal breathing. <b>Procedure:</b> placing yourself on all fours, with your hands flat and knees positioned shoulder-width apart, bend your back downwards by lifting your chin (inhale). Arch your back up while pulling your head and belly in (exhalation). <b>Say:</b> you are a kitten who has just finished his nap. You're still half asleep... yawning... stretch... pull out your claws (spread fingers). Then you hunch your back and start over. Repeat 3 to 5 times. <b>Variations:</b> mimic other actions that the cat can do, wash, curl up. <b>The exercises were performed both in the gym and in the classroom.</b> After the relaxation techniques and children seemed calmer and more relaxed.	







