

Healthy soul in healthy body



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Documentation

Activity:
P4

Name of the activity:
Harmony of body and soul

Country:
Poland

Pupils age:
10 - 14

Place:
Kowala School

Date:
March 2019

Number of pupils:
50

Subject:
Biology

Connection to other subjects:
P.E.

Preparatory activities: Describing the importance of a healthy mind in a healthy body.



Activity: This activity was focused on techniques providing relaxation and harmonisation of the body and the mind. It helped children to become friends with their body and listen to its needs. Children practised yoga and tai chi activities.







Subsequent activities: Familiarizing with disciplines as yoga and tai chi with an instructor.

Results: Improved mindfulness of body and mind.

Comments: Children were happy about that activity. They liked new types of exercises.