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Documentation

Activity:
P4

Name of the activity:
Harmony of body and soul

Country: UK

Pupils age:
6-11

Place: School
(classrooms)

Date: March 2019

Number of pupils:
Whole school

Subject:
All areas.

**Connection to other
subjects:** P.E, PSHD.

Preparatory activities:

Teachers decide that children should have small breaks within lessons to rest and get ready for the next lesson. Children are going to practice relaxation exercises in the classroom and in their P.E lessons.

Activity:

- 1. Classroom:** Between lessons, teachers will give children 5 minutes to relax and do breathing exercises. Children will listen to relaxing music and close their eyes while they are breathing slowly.

Teachers that are using Class dojo software in the classroom, will play some of the videos with exercises to relax and harmonies the body and the mind.

- 2. P.E:** At the end of each P.E lesson, the coach will show the children to learn about how to listen to their body when it needs a rest. The coach will instruct the children to do stretching exercises and how to relax their body after a lesson.

Subsequent activities:

Children can apply this exercises at any time during the day. They have a thinking corner in the classroom and they can always go there if they need it.

Results:

Children are much more settle for lessons after doing this exercises in the classroom.

Comments:

Teachers found that the behavior has improved in between lessons as children are practicing these exercises even more in the classroom.