

KALOKAGATHIA

Healthy soul

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in healthy body

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Documentation

Activity:

P4

Name of the activity:

Harmony of body and soul

Country:

Czech Republic

Pupils age:

6 – 11 years

Place:

Primary School Okna,
classrooms, schoolground

Date:

whole schoolyear

Number of pupils:

56

Subject:

any subject, breaks

Connection to other subjects:

all subjects

Preparatory activities:

Yoga - exercises and nursery rhymes, movement and dancing games, musical instruments, equipment for relaxation activities and outdoor teaching.

Activity:

Relaxation activities are practised during lessons, during breaks and after lessons. During the lessons teachers include movement and dancing games, yoga components, rhymes, chants, body play, physical exercises, playing the drums and flutes, piano. Children perform activities individually, in pairs or in groups.

If the weather is good enough the lessons are outdoors - at the schoolground, in the outdoor classroom, on the school terrace. We can either just change the environment of the lesson (nature instead of the classroom), or the whole lesson is adapted to what nature provides. During the breaks children relax at the schoolyard where they profit from its equipment and character. They can do sports, play or just relax. Sports: ball games, skipping, tug of war, floorball, jumping rubber. They relax in hammocks, on bean bags. They play with sand and climb wooden components, they enjoy creating from all kinds of natural materials.



As a part of the school club children can attend yoga lessons.



During the schoolyear there are several programmes included in the curriculum that are focused on harmonization. For example playing various musical instruments suitable for meditation (e.g. a special flute “koncovka”), dances and rythms from Africa.

Subsequent activities:

Lessons in Class 1 begin with a "welcome chant" - Welcome to the new morning. While singing, children exercise, using yoga techniques, the whole body while working with the intensity of their voice. Their task is to amplify and weaken the tone, sing brumendo.

In Maths lessons, exercises focused on concentration and harmonization are included, in which pupils perform mathematical tasks.

For example, the game “Everybody takes his path” where pupils move carefully and rhythmically in the classroom and perform mathematical tasks - forming groups according to a specific command.

Before writing, pupils prepare for work with a series of rhymes and movement exercises aimed at preparing hands, sitting properly and taking the right bow of their heads.

Relaxation writing exercises are regularly joined with movement exercises.



Results:

Relaxation techniques and harmonizing the individual is important for the overall condition of the child. If the child feels well, he is in harmony and calm, he better builds new contacts, integrates into the society. Psychological well-being has a great influence on the child's success in education.

Comments:

Working on harmonization of an individual benefits both the individual and the whole group - class, school.