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WORKSHOP TITLE:

Justification:

- Concentrating to listen the sounds of nature.
- To benefit from the relaxing opportunities that earth provides us.
- We seldom notice the beauty of the natures sounds so we should make some time to notice them.
- During the day we are normally too occupied with different tasks and we forget the importance of pausing our day so now we should reserve some time do just that.

Materials needed:

- Enough space to be comfortably lying down and maybe blankets or pillows to make this nicer.
- Good audio system to play the soundtrack provided by Finnish team.

Resources created by Finnish Team:

- Audio: [LINK](#)

Time and location:

- The audio lasts 10 minutes
- A quiet classroom with enough space for everybody.
- A classroom with a good audio system

Procedure:

- Step1:** Prepare the classroom. Make space for the blankets, pillows, and mattresses. Prepare the audio system beforehand and make sure it works right.
- Step2:** Prepare the place where you are going to rest. Lay down and find a comfortable position to rest.
- Step3:** Close your eyes and relax our muscles. Concentrate on your breathing. Breath profoundly ten times in and out.



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Step4: Someone will put on the audio. Our task is only relax and listen the sound of nature and enjoy the relaxing benefits that the earth provides us.

Step5: When the audio ends you can stretch your muscles again and open your eyes. Slowly you can stand up and go on with your day.

Other relevant information:

You should not talk doing this exercise and avoid doing other sounds also.

Authors and date of creation

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Date: 4.5.2021