

# Relaxation with real elements

<u>Target group</u>	4-6 years old children
<u>Material</u>	Nothing special. A peaceful place where you can find all kinds of elements : stones, paper, pieces of plastic, dead leaves on the ground, etc.
<u>Procedure</u>	<ul style="list-style-type: none"><li>- Go out with the children in order to find a place where then can go around safely. Let them find some elements saying that we'll need them to make some sounds.</li><li>- We gather in a circle and each of the children presents the sounds he can do with his element.</li><li>- We get to the conclusion that it's very hard to listen to some sounds from far away and that some sounds are really tiny. We can make them realize that the closer you come to the ear, the better you can hear.</li><li>- Then we propose to make pairs and you make your pair sit down in a nice place, close his / her eyes and we try to make a « sound relaxation » and to get the sound closer to the ear so that he/she can hear it properly. Then, change the partner.</li><li>- Back in the classroom, you can describe your sensations and emotions doing that relaxation.</li></ul>
<u>Variations</u>	<ul style="list-style-type: none"><li>- You can also make that game on the classroom, using only your fingers to make all kind of sounds with your two hands.</li></ul>



<p><u>Aims</u></p>	<p>Refine one's auditory perception :</p> <p>-listen to the sounds made by elements of the environment.</p> <p><u>Music</u></p> <ul style="list-style-type: none"> <li>- Act and produce music using the elements of the nature to discover different ways of producing sounds.</li> </ul> <p>Language</p> <ul style="list-style-type: none"> <li>- Develop vocabulary to express what you feel.</li> </ul>
<p><u>Comments</u></p>	<p>The effect of so small sounds near one's ear has a real nice and relaxing effect.</p>