

Relaxation



<u>Target group</u>	4-6 years old.
<u>Material</u>	A magic wand.
<u>Procedure</u>	<p>We can do this activity outside, in a park for example.</p> <p>1) At first, the children close their eyes and listen to the sound of the nature. Then they tell what they have felt and heard.</p> <p>2) The children sit in pairs, one behind the other. One of them is the artist and the other is the "paper". The artist has to find small pieces of tree branches. Then the teacher takes his magic wand and he transforms the tree branches into magic pencils, and with these magic pencils the children / artists draw on the back of the other child who has to close his eyes to feel relaxed. After five minutes, the teacher can ask them change the roles. Then the children can talk about what they have felt.</p>
<u>Variations</u>	<p>The children can also find a leaf (or any other suitable element found on the spot), they sit in the same way as for the activity described above and close their eyes. The teacher takes his magic wand and he transforms the leaves into magic pencils. The children / artists have to touch slowly the face or the arms of the child</p>



	with the leaf. After some minutes, the teacher asks them to change the roles. Then the children can talk about what they have felt.
<u>Aims</u>	Associate good feeling with nature, create an harmony between nature and children.
<u>Comments</u>	/