



Collection of activities by the Feldenkrais method

This document is realized in association with :

- ❖ Centre de la Petite enfance (CPE) l'Aurore Boréale
- ❖ Centre de la Petite enfance (CPE) L'Enfant du Fleuve Inc.
- ❖ Centre de la Petite enfance (CPE) L'Éveil des Chérubins
- ❖ Centre de la Petite enfance (CPE) La tralée
- ❖ COSMOSS Rimouski-Neigette Saines Habitudes de vie (SHV)
- ❖ La Maison des Familles de Rimouski-Neigette

Translation: Céline Boileau for Memphré en Mouvement... partenaires pour les 0-17 ans!

A new project was initiated in 2011 to promote an active lifestyle and to support the motor development of young children.

The partners of COSMOSS Rimouski-Neigette (a Healthy School Community), in particular the Healthy Lifestyles Committee, offered each *Centre de la Petite Enfance* (CPE) training in the Feldenkrais method, a little known approach to learning in which self-awareness comes through movement in one's environment. COSMOSS retained Mrs. Sandra Belzile, a Feldenkrais practitioner and a psychomotor development consultant.

In 2012, each CPE appointed two to three educators or technical and educational support workers to become multiplying agents by sharing information with their community while pursuing and renewing the psychomotor development approach in CPEs.

At the end of 2012, Mrs. Joanie Boudreau, a psychomotor development coordinator, took over in order to pursue the project. The co-development group created these psychomotor exercise cards to use with children.

The cards have been made available to you so you can get a firsthand look at the results of our research.

Happy exploring!

The exercise cards we've prepared are inspired by the Feldenkrais method, which promotes body awareness in children by focusing on what they're feeling. Exercise alone isn't enough - we have to be aware of what we're doing. That's why it's important to do the exercises slowly, without straining, and to focus on breathing instead of on performing.

This method can benefit children and adults alike by:

- making them more aware of how they move
- making them more aware of their body and how it works
- teaching them new ways of being active
- helping them rediscover the pleasure that comes from being active
- teaching them to better use their whole body
- enhancing their daily well-being
- optimizing their lung capacity
- improving their posture

The most important thing, however, is to feel free to move without any constraint and to have fun!

The following is a brief description of each of the categories of cards you'll find in the document:

❖ **Green Cards**

These exercises are a fun way for educators to lead the children around indoors as well as outdoors. Using animal movements, or those of well-known characters, encourages children to be active in new ways.

❖ **Blue Cards**

These exercises are well suited for leisure periods. They help the children relax. Relaxation through play produces a feeling of calm and well-being.

❖ **Yellow Cards**

These exercises are practical during waiting periods, such as the one before dinner. They're easy to do and require little or no equipment.

❖ **Red Cards**

These exercises can be done indoors as well as outdoors. They require little equipment and allow children to move and have fun.

❖ **Purple Cards**

These exercises are designed for office personnel (managers, administrative assistants, educational and technical support workers).

References

Contact Names :

The exercise cards we've prepared are inspired by the Feldenkrais method. We received various trainings given by :

- ❖ Mrs **Sandra Belzile**, practitioner in Feldenkrais and consultant in psychomotricity.
- ❖ Mrs **Gertrude Bernier**, certified teacher of « Bones for Life », member of the association Feldenkrais Quebec (AFQ).

Some educators were also trained with :

- ❖ Mrs **Hélène Lévesque**, certified teacher of « Bones For Life », member of Feldenkrais method Quebec (AFQ).

Documents :

- ❖ MARTEL, Sophie and Marie-Hélène TAPIN. Yoganimo. Le yoga des enfant. Saint-Lambert, Children's Publication Quebec , 2009, 31p.
- ❖ CABROL, Claude and Paul RAYMOND. La douce. Soft gymnastic practice and children's yoga. 216 p.
- ❖ ROSEHHOLTZ, Stephen. Move like the animal. California, Rosewood Publishing. 32p.
- ❖ Trois-Rivières en action et en santé. Collection of games and activities for the preschool students. Autumn 2010. 94p.

Web site :

- ❖ « Bouger comme les animaux », (online). <http://earlylearning.ophea.net/fr/ressourcessuppl%C3%A9mentaires/bouger-comme-les-animaux> (Page viewed December 18th 2013).