




# SOCIO-EMOTIONAL SKILLS FOR DEMOCRACY

## Activities - Mindfulness

### Spaghetti Activity

 **Objective:** to feel emotions and sensations / To learn to relax

 **Duration:** 5 to 15 minutes

 **Pre-requisites:** none

 **Organization:** in groups or alone

#### **Materials:**

A poster (see resources below)

### Procedure

First, the teacher explains the benefits and interest of this practice: relaxation, concentration, calm, stress reduction. The instructions on the poster can be read slowly, in a quiet place conducive to relaxation. For example, with mats on the floor and dimmed lights. Children are invited to close their eyes or not, depending on what is most comfortable for them, and to let themselves be guided by the voice of their teacher.

The activity should not be mandatory. Students who do not want to participate can simply observe, without disturbing others. Some children need to become familiar with these practices first.

Once the activity is complete, take the time to share impressions and feelings. Ask them under what circumstances they could do this exercise by themselves. For example, could they do the exercise when there is a conflict with a friend or when they are apprehensive about a challenge?

The poster can be hung in a visible place so that the children can use this exercise independently, when they need it. The exercise can be repeated regularly to maximize the impact and to familiarize the students with their body sensations.



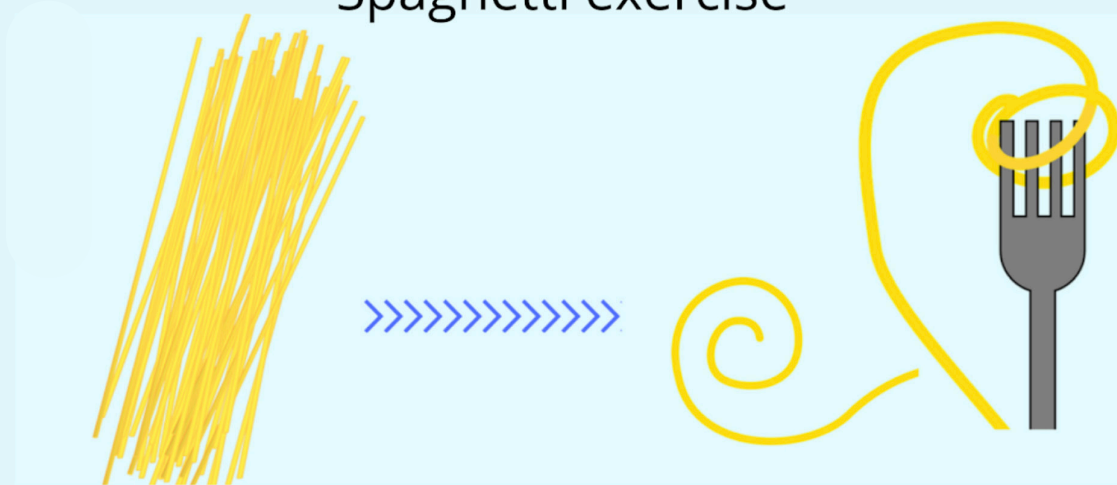


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### Spaghetti Activity

#### Spaghetti exercise



Imagine that you feel hard and tense like a raw spaghetti. Your muscles are tight, your jaws are clenched. You are ready to settle down.

Now, imagine that you feel soft and relaxed like a cooked spaghetti. You feel warmth inside you, there's a soft, warm ball inside your whole body. Your face is warm and soft, your arms are warm and soft, your chest is warm and soft, your stomach is warm and soft, your legs are warm and soft. You feel good

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