

Experimentation of the Teaching Source “Relaxation and emotional balance”

Web links: <https://www.collegesaintexlesneven.ac-rennes.fr/spip.php?article289>;
http://www.mindfulnessineducation.com/uploads/5/6/3/9/5639790/evidence_on_mindfulness_in_schools.pdf

<i>Level of difficulty</i>	<i>Name of the partner school</i>	<i>Name of the teacher(s) involved</i>
<i>Easy</i>	<i>School complex Saint Joseph, Epinal</i>	Mrs. Sophie Mallet and Mrs. Danzo

Level of difficulty

After 10 years of practice in the establishment, a relationship of trust has developed with the entire educational team and the relaxation “techniques” have already been tested. The only variable remains the behaviour of the student in the face of the proposed activity.

Description of the experience

This workshop welcomes about fifteen students. The proposed activity is a scene from Ionesco. (see attached document : an extract from the play "La leçon »: « The lesson »).

The workshop takes place over 4 or 5 one-hour sessions.

The objectives are:

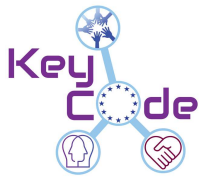
- to learn a text
- working the memory
- be interactive (play with the other) : listen to the other person
- working on emotions
- interpreting with the body

In the first session, Ms Danzo presents the text to the students: a scene from Ionesco's 'The Lesson'. The students read the text with Mrs Danzo and share their feelings (what they understood or did not understand, the situation) and choose their pair and their role (there are two roles in the scene: the role of a teacher and the role of a student: an authoritarian, ridiculous, pedantic, tyrannical character in front of a naive and submissive student).

In the second session, they work on the meaning of words they do not understand; the important thing is the meaning. (Example: "Let's do some arithmetic!" the students suggest changing to: Let's do maths!).

For the third session, the instruction is to learn the text by heart and to interpret it, to set tonality.





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In the third session, the emphasis is on interactivity: students must learn to listen to each other: what happens if one of them forgets his text? Students propose solutions. (for example : mnemonic means to train)

The fourth session is based on working with emotions: labels with emotions are proposed to the students who have to play their text according to the emotion they drew lots. This game refers to the question: what kind of student, what kind of teacher do I want to be?

Strengths:

- to show pupils that they are capable of learning and enjoying themselves
- to make them aware that they must listen to each other and help each other to improve their performance
- to teach them how to manage their emotions (for example the fear)
- to give them back their self-confidence

Needs of the classroom to be addressed

Some students of the class are dropping out of school; they no longer have self-confidence and say they are “capable of nothing”

Validation of the teaching source

Before embarking on these workshops, it is good to take training. The teacher followed:

- training led by Frédéric Lenoir, who co-founded the SEVE Foundation, Knowing how to be and Living Together, where we work on taking others into account,
<https://www.fredericlenoir.com/la-fondation-seve-savoir-etre-et-vivre-ensemble/>
- training around the theater
- training in Yoga Techniques in Education with the association RYE (Research on Yoga in Education)
<https://rye-yoga.fr/>

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