

Konzentrations- und Entspannungsübungen

Exercise 1:

“Alternate nostril breathing”

Put two fingers of your right hand (thumb and index finger) to the nose.

Close right nostril.

Inhale through left nostril.

Slowly count to five.

Hold (air in the body).

Close left nostril

Exhale through right nostril.

Slowly count to five.

Hold (air out of the body).

Repeat (practise 3 to 5 times).

Exercise 2

Get up,
stand behind your chair,
your arms are dangling,
your eyes are closed,
feel the floor under your feet

Exercise 3:

“Lazy 8”

You take your left arm,
fold in your fingers and stick out your thumb
and draw a lazy 8 lying on its side in the air with your hand and arm.
Switch arms and do the same with the other.
Always stop at the same point going in the same direction you started.
You always start in the middle of the 8.

Exercise 4:

“Stretching “

What do cats and dogs do after they woke up from sleep?

They stretch (show and imitate).

Let's try together: How do they do it?

They stretch their legs, two by two or one after another,

they stretch their back, their neck

and of course they do a lot of yawning.

Now doesn't that feel good?

Exercise 5

Let's try to concentrate on our ears for a moment.

What can you hear right now?

Listen to all the noises that are around you

- in the room,

- outside,

- in the schoolyard,

- in the street ...

you are all ears now.