## UNIVERSITY MUSEUM OF NAVARRE

TEACHER'S BOOK

PROGRAM

JUST <u>BREATHE</u>



### OBJECTIVES

- » Promote attentive observation.
- » Learn to pause and observe.
- » Learn to relax the body and mind through breathing.
- » Approach the understanding of reality through art.
- » Encourage creative observation.

### COMPETENCIES

- » Aprender a mirar en profundidad
- » Personal, social y aprender a aprender
- » Conciencia y expresiones culturales
- » Ciudadana
- » Metodología
- » Visual thinking
- » Preguntas abiertas
- » Creatividad
- » Relajación mediante Mindfulness

## Basic Knowledge

- » Understanding the body and mind and their relaxed and attentive state.
- » Recognizing attention.
- » Deep observation.
- » Reality through observation: art, humanities, and science.
- » Decision-making for problem-solving in a creative manner.

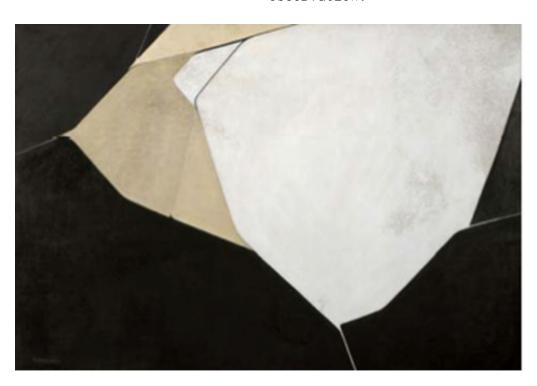
# PROGRAM JUST BREATHE

#### ACTIVITIES

The program is structured into 4 phases:

#### 1st Phase: Attention

In the Workshop space, various exercises are carried out to develop attentive observation.



#### 2nd Phase: Visual Thinking

In the Museum galleries, an activity of contemplation of artworks is conducted, using the visual thinking method, where a discussion of various meanings of what has been observed takes place.

#### 3rd Phase: Breathe and Calm Down

In the workshop space, we focus on calming our bodies and minds through relaxation techniques using breathing.

#### 4th Phase: Attentive Creation

Next, a creative activity is conducted based on the experience of attention and calm experienced in the Museum.

## METHODOLOGY

Experiential education, integrating action with emotions and thought.

Visual thinking Learning by doing

Open-ended questions The aim is to accompany each person in their learning process, without conditioning their decision-making and respecting their initiative and creativity.

## EVALUATION

DIRECT OBSERVATION OF PARTICIPATION AND THE STATE OF CALM AND DEPTH OF OBSERVATION.

DURATION 2-2,5 horas

SCHEDULES 10 A 14 H LANGUAGES
Spanish, Basque,
English, French, and
German.

#### REGISTRATIONS

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