

UNIVERSITY  
MUSEUM  
OF NAVARRE

—

TEACHER'S BOOK

—

PROGRAM

JUST BREATHE

## 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

- » Learning to look deeply.
- » Personal, social, and learning to learn.
- » Awareness and cultural expressions.
- » Citizenship.

## 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.

Relaxation through Mindfulness.

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.

# ASSESSMENT

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

## DURATION

2-2,5  
hours

## SCHEDULES

10 A 14 H

## LANGUAGES

Spanish, Basque,  
English, French, and  
German.

## REGISTRATIONS

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