



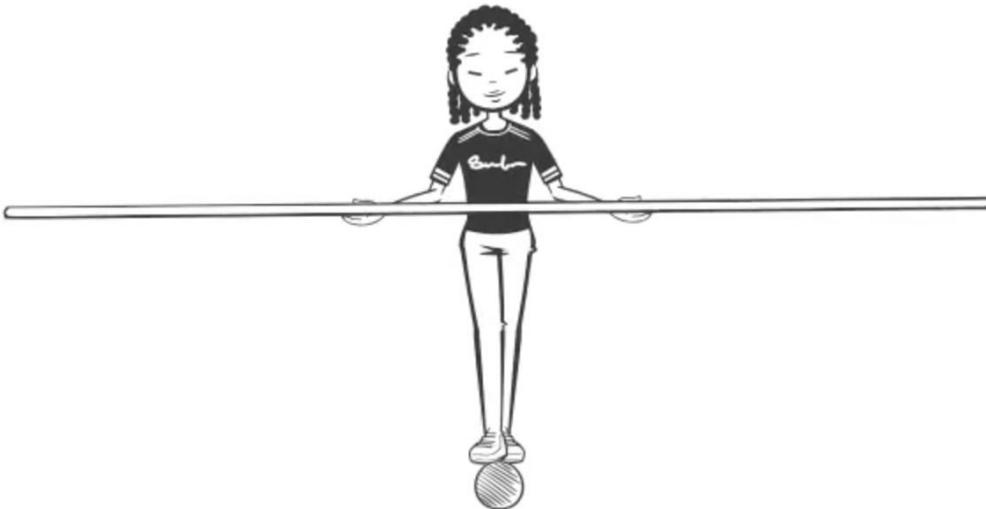
WORK SHEET – EXERCISE 5D

Walking on a beam

Order the children in a line and, if possible, tell them to walk in a straight line, either by drawing lines on the floor or by following the borders of the tiles on the floor for example... the idea is to walk along a beam.

Remember! Being attentive means learning to stay composed and continue walking on the beam like Clarisse. Here's an exercise for becoming more self-aware, letting you feel what happens to you.

1. I invite you to ground yourself with your two feet, let down your shoulders and breathe deeply in and out three times. Listen carefully to the instructions before you start.
2. The exercise entails walking very, very slowly forward, as if you were walking on a beam.
3. Fixate on a neutral point in front of you, at the point where the beam would end. That's your goal, that's where you want to go.
4. At the same time, pay attention to your body, your own weight on your legs and your feet. Feel your muscles that are supporting you and will take you to the other side. Keep looking straight ahead and fixate on the goal, the point you have in front of you. You can lift your arms gently to balance.
5. I now invite you to slowly lift your right foot and to keep it in the air for a while, before putting it very gently back down in front of you, back onto the beam. Stay composed and breathe calmly whilst you take your first step. Feel the position of your foot as you put it back down and allow some of your weight back on it.





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6. Now lift up your left foot very slowly, leave it hanging a little bit in the air before putting it very slowly down in front you, down on the beam. Feel how the weight of your body weighs on your left foot again. Continue to fixate that point in front of you and continue breathing calmly.
7. “Oh! A butterfly!” ... What’s happening? Do you notice that you’re risking falling down the side of the beam?
8. So... stay focused. Refocus, stand up straight again, find your balance. Breathe and start walking again slowly with your right foot. And then do the same thing with your left foot...

Allow the children to take a few steps (depending on the layout of the room) before you conclude the exercise.

9. And there, you’ve arrived at the end of the exercise. Slowly come to a halt. How do you feel? Be attentive to everything that happens in your body. Take another deep breath.
10. Being attentive means using SuperCortex to help you succeed in what you’re doing with your body to achieve your goal - without getting distracted. In order to learn something new or complicated, you focus your brain’s energy so you can listen, look, understand, remember and work well. Of course it’s easier when the activity is interesting for you and when you’re feeling curious, that’s normal! And the more you’re attentive, the more you like what you’re doing.

This exercise is inspired by the beam metaphor and the proposed activities accompanying it by Jean-Philippe Lachaux, in “Les petites bulles de l’attention. Se concentrer dans un monde de distraction”, ed. Odile Jacob, 2016. To find out more, please see his program ATOLE (French acronym for “Being attentive at school”, translator’s note).