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Mind Alive Program



***Activities of Creativity, Mental and Emotional Development
Abilities through Music and Games
- 2019 -***

What is the Mind Alive Program?

- **Mission:** We are a network that aims to inspire children, adolescents and their surroundings, to the evolution of their positive potential, using activities of creativity and the development of mental and emotional abilities.
- **View:** We are going to be a world network, inspiring people to take care of themselves, the others and the environment with love.
- **Values:** Love, nature, ethics, optimism, responsibility and creativity.

How to apply it ?

There are 21 animals to be used in 21 week days, whose attributes represent values or qualities to be developed through simple exercises executed in the classroom or at home. Every teacher or caretaker is able of conducting the process. It is not necessary previous experience or any kind of special background. You just have to read the exercise and develop the activity with the children.

Eagle Day :

Exercise:

Kids standing, they are invited to feel like eagles! They open the arms, close the eyes. They sit on the floor, with a scrap paper or not, crayon, pencil, soil, coal, or even only with the fingers (it does not matter), they “paint the music” intuitively. Whatever they do will be right ! The teacher speaks little, but she is present, participating. It is a moment of donation to the work.

☞ **Meaning:** senses of sight, hearing and touch are destined to the same cause making that a big part of the brain is activated to this purpose. When we are attentive, we are really present. It is important to exercise the silence, to be entirely present.

☞ **Attribute worked:** full attention.

☞ **Other abilities worked :** motor coordination, concentration, attention, creativity and patience.



Suggestion of music:

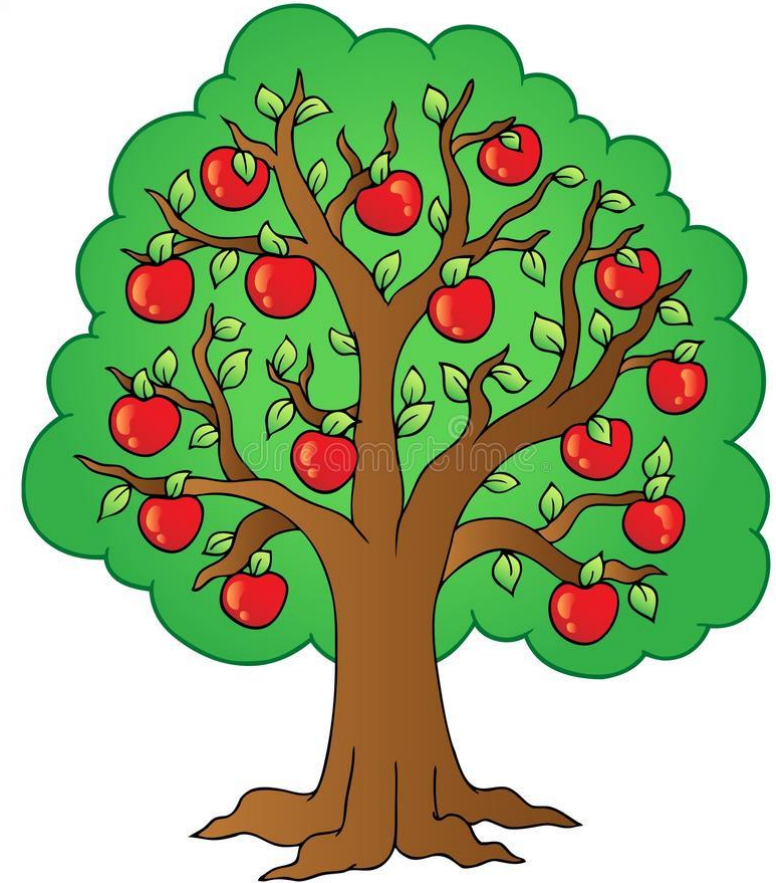
Jesu, Joy Of Man's Desiring - Johann
Sebastian Bach

Tree Day:

Exercise:

The children might do this exercise sitting (as a tree still in development), or standing. They might do exercises with the arms, as if they were branches to inform the size of the “Tree Top” that they choose to do. They might stay with the legs together or separated. Everything will be right. The trees give us silently, all the oxygen (vital), that we need to live. They also offer us periodically flowers and fruits. With their leafy tree tops they provide us with shadow and freshness. They also receive small animals and insects, sheltering and protecting, indistinctly to everybody. Their roots guarantee a health growth in order they can nourish themselves and become big and strong.

- **Meaning:** being strengthening.
- **Attributes worked:** the power of hospitality and donation.
- **Other abilities worked :** roots, fruits, flowers...



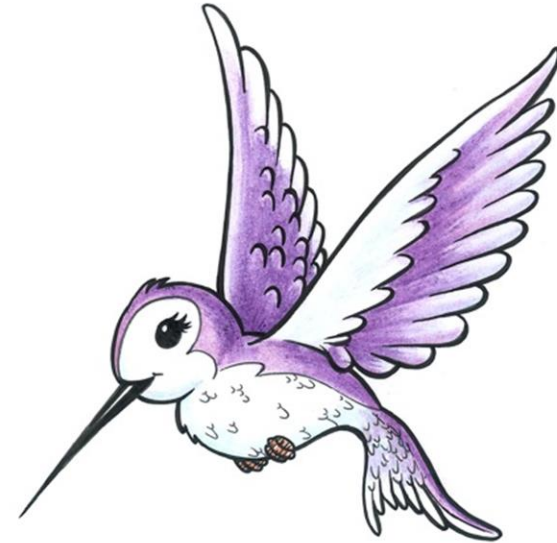
Music suggestion :
Gymnopédie No.1 - Erik Satie

Humming Bird Day :

Exercise :

The humming bird is a messenger of good news and joy! With the children sitting in a circle, the teacher passes a small message to be transmitted to the group through mimes, drawings, collors, interpretation, and other kinds of languages. She can also divide the class in two, three or four groups of children and pass to each group a special message and each group will have to present it to the whole class. They can represent humming birds, flocks of birds, lions, bears, or other animals. As well as subjects related to candor, hapiness and joy.

- **Meaning** : empathy, altruism.
- **Attributes worked** : hapiness and joy.
- **Other abilities worked:** group work, Giri, attention, expression and language.



Music suggestion:
Gabriel's Oboe - Ennio Morricone

Butterfly Day:

Exercise :

The children sit in a circle in the classroom or in the garden (open and bigger spaces are preferable) and the teacher makes a simple draw to choose 2 butterflies. These 2 “butterflies” stand up and walk in the room (in the place), in very slow steps and with the arms as if they were the butterflies wings and as if they were “flying” and they will choose the flowers (other classmates of the beautiful garden). Each child that is chosen becomes a butterfly too and they might (must), choose others to become butterflies At the end everybody will be flying in the room.

Meaning: To work the empathy, the friendship, the choices.

- **Attributes worked :** The group strengthening, welcome of everybody.
- **Other abilities worked:** Group work, choreography, creativity.



Music suggestion :
Un Homme et Une Femme

Dog Day:

Exercise :

“Ring around the rosie”, everybody in a circle hand in hand. It starts slowly, the speed increases until it gets fast and then, the speed reduces again, until it ends up slow, according to the music. The teacher will feel the group and he has the freedom of creating the dog movements, while the game goes on... It is important to finish with a slow rhythm. In the end, everybody gives a group hug.

- ➡ **Meaning** : the life has its own rhythm and when we are together, we develop the collective perception and how much our step influences everybody's steps.
- ➡ **Attributes worked** : empathy.
- ➡ **Other abilities worked** : attention, sense of responsibility, sense of membership.



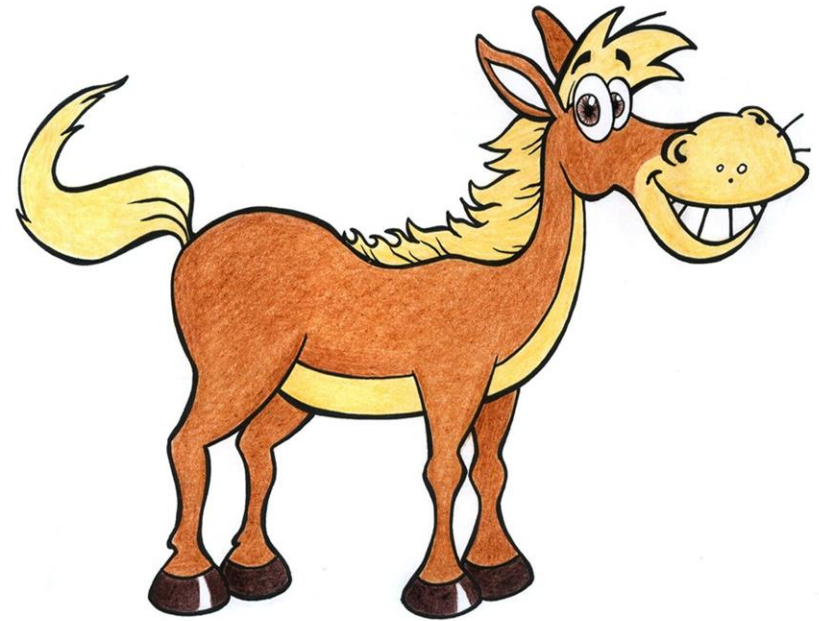
Music suggestion :
Symphony No. 41 - Mozart

Horse Day:

Exercise:

The children are invited to feel like the horses. They might assimilate the horses energy as well as they want. They might choose the coat, the mane color, if they are wild or domesticated... The teacher might conduct the exercises. The children might do it standing, pretending to be the animal, or crawling, or even sitting, letting their imagination to run free. The horse is strong! The horse is healthy! The horse is a friend! The horse has four paws that connect it to the earth, enabling a good posture, establishing a good base with the floor. The children might lie down and roll, learning how to stand aside, like the equines.

- **Meaning** : physical vigor , good health, togetherness, sensation of freedom.
- **Attributes worked** : resilience, attention, respect, strength, power.
- **Other abilities worked:** healthy eating, balance, patience.



Music suggestion :
The Planets, Jupiter - Gustav Holst

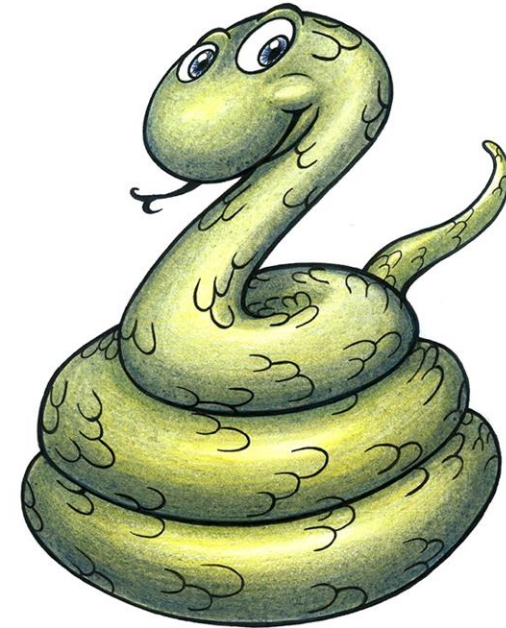
Snake Day :

Exercise:

The children might sit in a circle or stand, or even lie down (for a change) in the room or in open spaces with comfort and safety and the teacher/facilitator asks that everybody makes a ring or a circle with their thumb and index finger. After that each child, one beside the other (everybody in the positions sitting, lying or standing), will make a connection like the link of a chain with the children that are on her side (right and left sides). With the friendship chain ready, the teacher might ask that they close their eyes and make some gentle movements, without breaking the chain. In case it happens, they make the connection again fixing the link of the humanized connections. The children will make rhythmic movements, all together, without letting the chain breaks.

Meaning : communication, the friendship, group, team spirit.

- **Attributes worked** : group strengthening, union.
- **Other abilities worked** : group work, interaction with the time of the other.



Music suggestion :
Valsas de Viena - Johann Strauss

Elephant Day:

Exercise :

The children are invited to make a circle on the floor, crawling, one following the other. The first child passes a brief message to the one who is right behind her (speaking or even miming – it can be even a grunt, any message will be ok) and so on. After that the circle made of children imitating elephants will turn in the opposite direction. Then all of them sit and each one will repeat to the group the message that was received. Good laughs will be welcome!

- **Meaning** : the importance of communication.
- **Attributes worked** : the value of the spoken and the articulated language , a language by gestures or signs, communication.
- **Other abilities worked**: the work group, empathy.



Music suggestion :
Baby Elephant Walk - Henry Mancini

Squirrel Day:

Exercise :

The child stretches, makes self massage, touches herself, cradle herself, she might embrace herself, lie down on the floor. She might take any object and pretend that is her baby, play of taking care of a doll, a branch, leaves ... The important is to play of taking care of something and herself.

Meaning : what exists inside me; also exists outside; it is necessary to respect everything.

Attribute worked : respect.

☞ **Other ability worked** : attention, self care, gratitude, respect, self preservation.



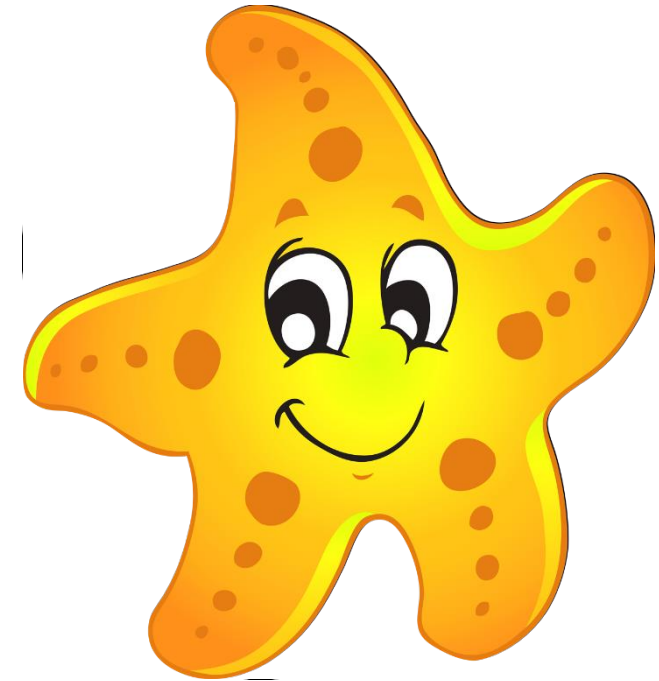
Music suggestion :
Johannes Brahms - Lullaby

Starfish Day:

Exercise :

The starfishes are sea animals. There are around 1.600 species in the bottom of the sea in all the oceans of the world, from the tropics to the ice-cold polar waters. This exercise might be executed with the children sitting, lying or standing. They might open the arms and/or the legs completely, in repeated movements as if they were beautiful starfishes... The movements might be slow or faster. They might imagine themselves as big sailboats navigating in the big ocean... The way the child executes it will be right!

- **Meaning** : freedom of expression, creativity.
- **Other ability worked** : imagination.



Music suggestion :

O Barquinho - Roberto Menescal

Ant Day:

Exercise :

Sitting on the floor, each child keeps an object in the hand (as for example a ball, a coat, a stone, a stick, a leaf, a shoe...), and the objects pass hand to hand clockwise. One hand gives and the other receives.

- ☞ **Meaning** : it is essential for our survival and welfare to know how to socialize. In life, we give and we receive. We have to donate. We also have to learn to wait.
- ☞ **Attribute worked** : altruism.
- ☞ **Other abilities worked** : motor coordination, attention, patience, tolerance to frustration, resistance, empathy, ethics.



Music suggestion :
Primavera - Antonio Lucio Vivaldi

Rooster Day:

Exercise :

The children stand, it might be in circle, half moon or square, each one will imitate the Rooster (they might flap the wings, imitate the song, scratch the ground or walk to the centre of the group and change places with the classmate). They might also sit and, little by little stand- as the sun rise– finishing with the rooster crow waking up and greeting the day. It might be the crow itself, or other words and sounds. Whatever you do to wake up the day will be well done!

- **Meaning:** wake to the life, to the reality, to the present.
- **Attributes worked:** attention, optimism, will power
- **Other abilities worked :** joy, overcoming, confidence.



Music suggestion :
Tchaikovsky - The Nutcracker Suite

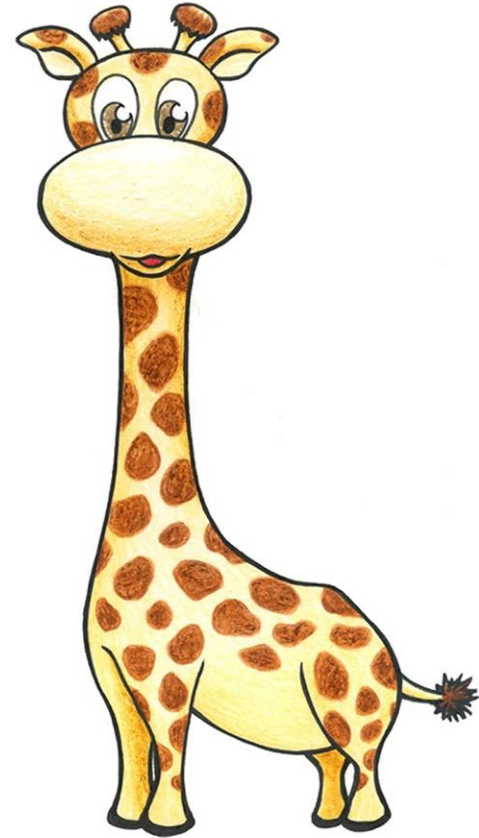
Giraffe Day:

Exercise :

The brown spots existent on the giraffe`s body are like our fingerprints. Each giraffe has spots that makes it different from the others. They might reach until 05 meters height. And they eat the trees leaves.

With a sheet of paper,the children will draw a beautiful giraffe, with a very long neck with beautiful spots on the body. They will also give her a beautiful name. Beside the drawing the child will put her fingerprint with her thumb.

- **Meaning:** perception of herself and her individuality in the human group and in the nature.
- **Attributes worked :** figure out that the men, as well as our friends animals, even belonging to the same species also have their own special features, without making them neither better nor worse that the others.
- **Other abilities worked :** drawing, painting, artistic expressin and creativity.



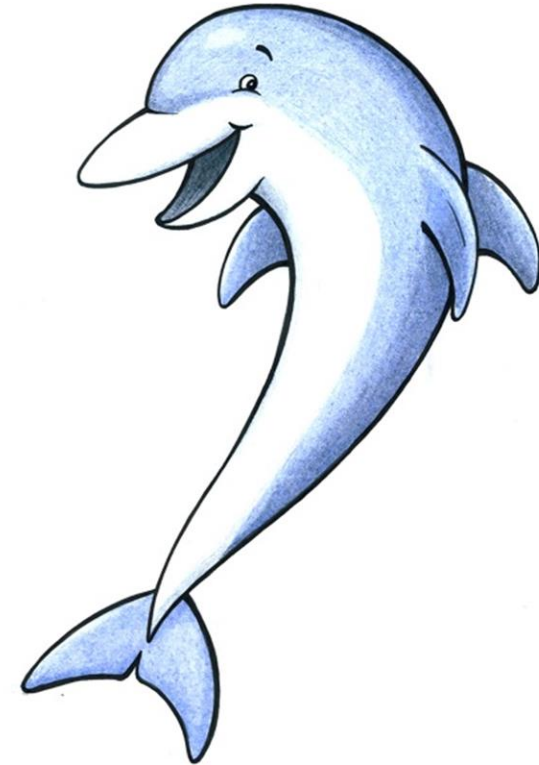
Music suggestion :
Pot-pourri - Mozart

Dolphin Day:

Exercise :

The children might be seated and the teacher conducts the breathing exercise from 2 to 3 minutes. After that they might continue in a sitting position or lay down on their stomachs as if they were dolphins swimming. They might simulate the dolphins voice or create a special and unique language, they might also simulate dives. At the end, one by one, stands and gives a beautiful jump as the dolphins, posing artistically.

- **Meaning** : strength , lucidity and communication.
- **Attributes worked** : presence of Self and mental world perceptions.
- **Other abilities worked** : empathy, safety, joy, success.



Music suggestion :
Clair de Lune - Claude Debussy

Lion Day:

Exercise :

They should start crawling like a lion, they stand slowly, they walk, they run in place and then they run in the room. The teacher does it and naturally the children do it too, they crouch, they hug and then they raise and jump. They stamp their feet on the floor, they raise the hand as a king! They play like lions.

- **Meaning:** we have to learn to have responsibility for ourselves in life, accepting our smallness make us big.
- **Attribute worked :** self-esteem.
- **Other abilities worked :** attention, memory, proprioception, resilience, self-pity (acceptance of the whole being, acceptance of your fragility makes you strong), courage (coraticum).



Music suggestion : 5^a
Sinfonia - Ludwig van Beethoven

Wolf Day:

Exercise :

The wolf is a big teacher in the animal world! Feelings like care, confidence, empathy, loyalty, are transmitted to everybody in the group through the behaviors that allow the apprenticeship as true lessons of life. The oldest and the more fragile are protected by everybody! The children will take part in games and competitions, in small groups, where one of the children will simulate a fragility situation and she should be helped by the other members of her group .

Meaning : protection and care, fellowship.

- **Attributes worked :** valorization of all forms of life, diversity.
- **Other abilities worked:** confidence, apprenticeship, loyalty, friendship.



Music suggestion :
Csárdás - Vittorio Monti

Otter Day:

Exercise :

The otter is a small animal that lives in the rivers and their banks. It has a delicate energy and loves life.

It never provokes a fight and it always takes care of its family. It lives happy and in peace with everybody!

Based in the otter's energy we might learn to have a smoother and happier life, taking care of the peace around with our friends and community.

We are going to talk to our relatives about the otter's life and its wise manner of sharing the existence!



Music suggestion :

Le Cygne - André Rieu

youtube.com/watch?v=Q51WsiIVZOQ&

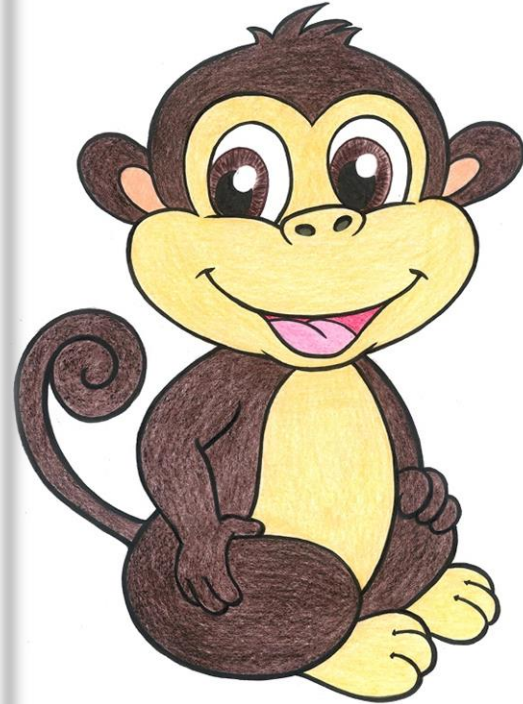
Monkey Day:

Exercise :

The children will be invited to stand, make a circle and, after a brief reverence to everybody, they will start dancing, at the sound of the waltz suggested, with free coreography. They might dance the way they want, with creative freedom. Everything will be all right!

Meaning : body language, creativity.

- **Attribute worked :** interpretation.
- **Other abilities worked :** individual or group coreography.



Music suggestion :

Contos dos Bosques de Viena - Johann Strauss

Penguin Day:

Exercise :

Did you know that the penguin father is the one who hatches the egg from where the little penguin will be born? The penguin father stays with the egg and keeps it warm, and the penguin mother goes to the sea to find food. When it returns, the offspring will have food and the roles are reversed: the female stays on the land and the male go looking for food.

The children are invited to stay in pairs. Half of the children stay in one side and the other half in the other side. Half of the children chooses one toy, and put in the arms as a baby. The game consists of making the object reaches the other child, without letting it fall and walking like a penguin. They have to imitate penguins. After the delivery of the object taken care, the ones who delivered the toy return to the place where they were and wait that the partner does the same. The winner is the one who does not drop the object, who is the best in imitating the penguins and who gives back the toy to his partner.

Meaning : the care with himself and the surrounding.

- **Attribute worked :** responsibility in the compliance of your obligations.
- **Other abilities worked :** group work, creativity, theatricality.



Suggestion:
Video with figure skating.

Turtle Day:

Exercise

The children will be invited to draw the sea turtles and the teacher will explain about the species preservation necessity and the care that we should have with the planet water source (fresh and salt).

- **Meaning** : attention to the nature and the animals
- **Attribute worked** : environment preservation.
- **Other abilities worked** : drawings.



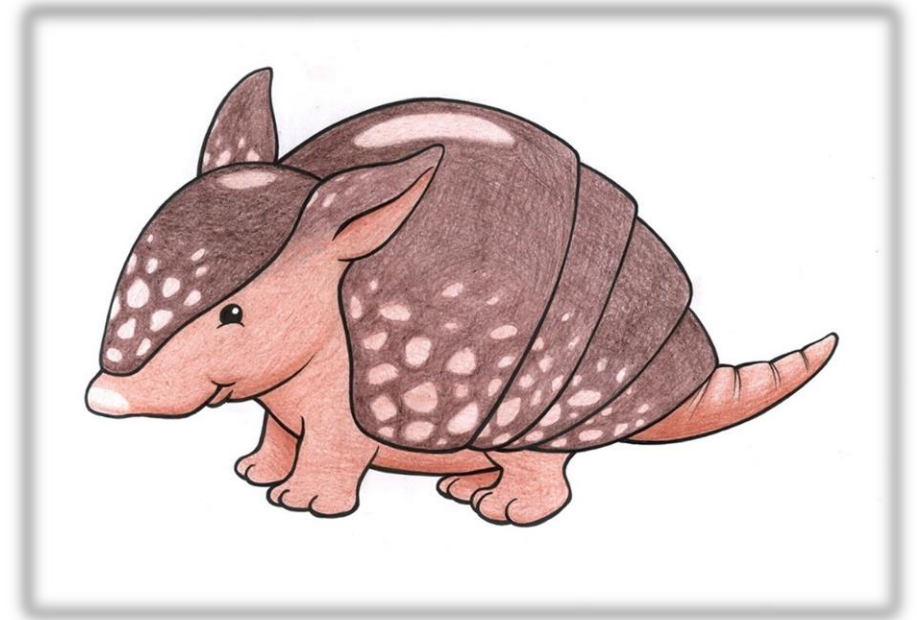
Suggestion:

Vídeo com tartarugas marinhas.

Armadillo Day:

Exercise:

The armadillo has a carapace that protects him from the predators. You can learn with the armadillo to protect yourself and your family of the things that are not good for you. You should choose to enter your house everything that will bring joy and good feelings.



Music suggestion :
André Rieu - Chopin Etude

. Mariela Silveira e Paulo Moura

Implementation:



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Support:

