

UNIVERSITY MUSEUM OF NAVARRE

—
TEACHER'S BOOK

—
PROGRAM
JUST BREATHE

PROGRAM FOR ALL LEVELS



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

T 686 23 99 87
educacionmuseo@unav.es



●●● Museo Universidad de Navarra

MUSEO.UNAV.EDU