**RESPIRA I APRÈN**

In our school we conducted a program called "RESPIRA I APRÈN”.

It has a dual purpose:

1. To accompany the child in their maturation process
2. To create dynamic listening, attention and concentration related to the learning process of children in the classroom.

The program consists of a sequence of movements combined with difficulty in breathing. These movements work body work and hand-eye organization. This is dynamic that accompany this work to create when working in the classroom