



## Zen Challenge

This activity can be done at the time chosen during the *2019 Health Challenge (Défi Santé 2019)*. It consists in experimenting with the benefits and calming effects of breathing and stretching with a few relaxing and amusing postures.



### Age Group:

Multi-age. More difficult variants are offered for the 2<sup>nd</sup> and 3<sup>rd</sup> cycles.

### Required Material:

- Zen Challenge Posters (see following pages)
- Carpet, blanket or towel for each student
- Clothing adapted to the temperature if you go outside
- 2<sup>nd</sup> and 3<sup>rd</sup> cycles: If possible, for the rhythm of breathing, the free application Kardia - Cardiac Coherence & Relaxation, installed on a tablet or smart phone

### Expertise:

#### Aspect of the overall skills developed by the student:

- Affective
- Cognitive
- Moral
- Psycho-motor
- Social

#### Educative Intent:

At the end of this activity, students will have developed their psycho-motor skills.

#### Professional expertise put forward by this activity:

- Create activities designed for psycho-motor development

# Zen Challenge

## Approach

### 1. Set yourself

- Choose a quiet place and post zen challenges in front of the room, in order.
- The person in charge is placed in front of the room, and all the students, in front of him.
- Have students place their carpet, blanket or towel on the floor to be comfortable.
- If possible, have students take off their shoes to be barefoot.
- Ask students who do not participate to avoid disturbing you during the activity

### 2. Prepare yourself

- Before starting the Zen Challenge, look with the students at the illustrations for each posture. It will then be easier to realize them.
- 2<sup>nd</sup> and 3<sup>rd</sup> cycles: Set the Kardia application at a frequency of 4 cycles / min, a ratio of 50%, and choose the sound of the bowl. If you do not use the app, you can ask students to breathe by counting up to 7 in their head before they expire.

### 3. Perform postures

Read aloud the instructions for each posture appearing on the following pages. Students will be able to make them as you describe them.

You can repeat each challenge the desired number of times before moving on to the next one.

### 4. Express yourself

Once the mission is complete, you can ask the students to draw the animal, character or object they chose to imitate.

### 5. Tell us about your experience

Do not forget to take a photo of the activity and send it to [info@defisante.ca](mailto:info@defisante.ca)!



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ZEN  
CHALLENGE  
NO.1

# THE BUTTERFLY



## CYCLE 1

- Seated in the butterfly pose (soles of your feet touching), hands on your stomach, eyes closed, inhale deeply and slowly, inflating your belly.
- Gently exhale while moving your knees up and down to flap the butterfly's wings.
- Repeat 3 times.

## CYCLES 2 AND 3

- Do the pose described for cycle 1.
- Repeat 6 times.

*Use the Kardia app to pace your breathing.*

ZEN  
CHALLENGE  
NO.2

# THE OYSTER



## CYCLE 1

- Fold your body over like an oyster in the sea protecting the pearl inside yourself: sitting, legs extended and back straight, slide your hands along your legs to grab your big toes, without forcing. If you can't reach your toes, place your hands on your legs or bend your knees.
- Hold the pose for 3 slow, deep breaths.

## CYCLES 2 AND 3

- Do the pose described for cycle 1.
- Repeat 6 times.

*Use the Kardia app to pace your breathing.*

ZEN  
CHALLENGE  
NO.3

# THE TREE



## CYCLE 1

- Standing, leaning on the wall if necessary, do the tree pose by lifting one foot and placing it on the opposite leg, at the ankle or the thigh, whichever is more comfortable.
- Bring your hands together at chest height.
- Hold the pose for 3 slow, deep breaths.
- Repeat with the other leg.

## CYCLES 2 AND 3

- Do the pose described for cycle 1, but without leaning on the wall.
- Instead of holding the pose without moving, take 5 slow, deep breaths while lowering your leg during the inhale and lifting it back up during the exhale.
- Repeat with the other leg.

*Use the Kardia app to pace your breathing.*

ZEN  
CHALLENGE  
NO.4

# THE PRINCE AND THE PRINCESS



## CYCLE 1

- Place one knee on the floor, the sole of the other foot flat on the floor in front of you and your knee bent at 90 degrees, hands on your hips.
- Take 5 slow, deep breaths, inflating your belly: lift your arms up toward the sky and lower them while exhaling.
- Repeat the pose with the other knee on the floor.

## CYCLES 2 AND 3

- Do the pose described for cycle 1 by taking 5 breaths following the pace set by Kardia.
- Repeat the pose with the other knee on the floor.

*Use the Kardia app to pace your breathing.*

ZEN  
CHALLENGE  
NO.5

# THE BOAT



## CYCLE 1

- Balancing on your sit bones, back straight and legs lifted, sail like a boat in the sea.
- Hold the pose for 3 slow, deep breaths. If this is too difficult, you can bend your knees slightly or keep your hands on the floor.

## CYCLES 2 AND 3

- Do the pose described for cycle 1.
- Hold the pose for 5 breaths while rowing with your arms. If this is too difficult, bend your knees slightly or keep your hands on the floor.

*Use the Kardia app to pace your breathing.*