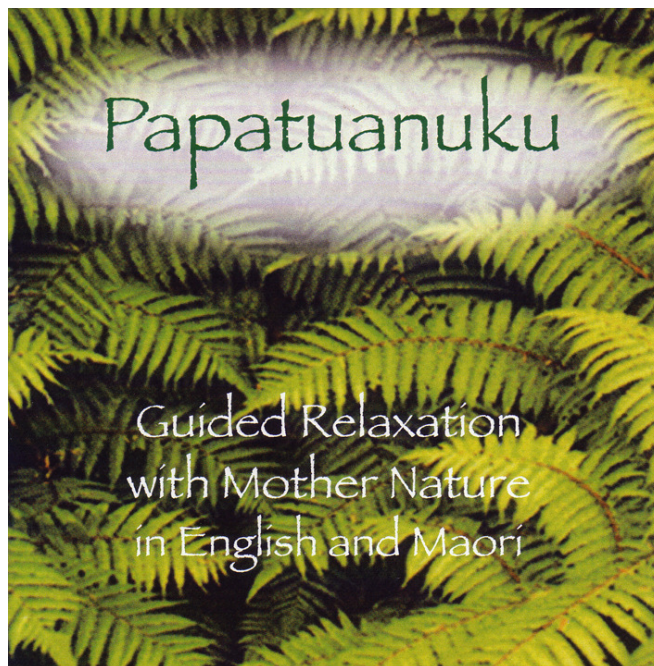




Activity: Rest & Relaxation
Related Activity: Exploring Nature



Papatuanuku



Guided Relaxation with Mother Nature

For your reference, this book has 4 pages

Rest & Relaxation Activity Notes to accompany the UCA album , *Papatuanuku*

Page. 1

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Papatuanuku – Mother Nature

Papatuanuku, translated into English is Mother Nature. This album is an effective guided relaxation session in both English and Maori. An English-only version, *Mother Nature Guided Relaxation*, is also available from Universal Children's Audio; this version includes musical tracks instead of the Maori language tracks.

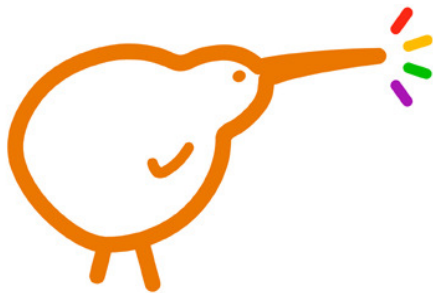
Many people find solace and inspiration in the presence of nature. Some sense deep spiritual feeling within the Maori language. We have brought these elements together in this relaxation program, designed also to enhance creativity, self-esteem, and confidence. *Papatuanuku* uses sound techniques to help both adults and children learn to relax in body *and* mind. The program works consciously on the physical, mental and spiritual levels, helping the listener to create and maintain healthy, successful life-patterns. There are several ways to use this recording ...

Casual 'Right-Brain' Listening

If you're not familiar with Maori language, use the Maori section as background listening. This can have surprising results, as the mind can then bypass its 'instructional' mode, going directly into the right hemisphere of the brain. This is where the mood and overall 'feel' of the Maori language is absorbed, and where nature sounds create a relaxing ambience.

Experiencing other cultures and languages, we may hear language as a flowing stream while not understanding what is being said. Such an ambient, gentle flow is unthreatening, stable and reassuring, providing positive, sustained exposure to Te Reo Maori, (Maori language), for those wanting to become more familiar with it. Research also shows that background listening is helpful at making later learning of the language easier.

We recommend casual background listening in the classroom during art activities or at other times when children are not involved in speech or calculation. Once again, this provides excellent exposure to the new language. Casual listening is also excellent at home to create a peaceful mood during quiet times with the family. Those not familiar with English will find the same principles apply when playing the English section.



On our website you will find:
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many in Te Reo Maori
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Using the Guided Relaxation Program

Choose the presentation in your mother tongue. There are three relaxation options. Please familiarise yourself with the full program first. The recording flows as a *continuous* program, with options to enter and exit the relaxations at strategic points. So you will need to decide whether you wish to do the short relaxation, a medium length or the full duration. It is particularly important to know your option if you are leading group relaxation. The program flows in exactly the same sequence in both languages.

Short Relaxation (approx. 5mins)

This is an introductory 'tension-to-relaxation' exercise, designed to introduce basic *progressive relaxation* skills in a user-friendly way. Progressive Relaxation is where muscles are tensed, one by one, then progressively relaxed. We suggest that this short exercise be practiced regularly before moving onto the next stage.

Simply follow the instructions as given, coming *out* of relaxation by actively following the male voice as he says, "If you want to finish now, slowly and quietly go back to your everyday world and see how much of nature is around you..."

Stretch and sit up, move around quietly, and turn the recording off after you hear the words, "Quietly now..." It is a good idea to quickly fade the volume right down before you turn it off if you wish to sustain a relaxed mood.

Medium Length Relaxation (20mins)

If you wish to continue with the medium length relaxation, flowing from the short relaxation, *keep relaxing* while the male voice says, "If you want to continue relaxing with Mother Nature, stay as you are, lying down".

Mother Nature will return to give further, sustained attention to progressive relaxation in the body using nature imagery. Then she'll lead you further into the *mind*, relaxing mental tension and anxiety. Deeper mental peace can be achieved through a simple, *light meditation* exercise, an excellent self-healing technique for those experiencing ill health. Then we practice a self-empowerment exercise in whatever imagery you choose for yourself.

To finish the medium relaxation, follow the male voice as he says, "If you want to finish soon, look down at the land of dreams, and pick one of your dreams..." He guides you to stretch and sit up, then he says goodbye. Mother Nature also says goodbye, reminding you to take care of the Earth for her. To complete the Medium Length relaxation, fade the volume and turn it off here.



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Unrestricted Relaxation

Having practised the entire guided program, continue to relax through and beyond the end of the recording until you wish to stop, or until you fall asleep.

The cue for this option is the male voice saying, "If you want to continue relaxing with Mother Nature, stay as you are, lying down". He continues, "...wait for the music and nature sounds to play after we've finished speaking..."

Then, after the male voice says the "wriggling, stretching" and "goodbye" comments, focus alone on your personal relaxation experience for as long as you wish to continue. Mother Nature says goodbye, and you are on your own with simply the beauty of nature sounds surrounding you.

Ongoing Relaxation Skills

We hope you use *Papatuanuku* repeatedly in order to gain maximum benefit. Any skill needs dedicated practice and relaxation is no exception.

An increasing body of research points to the importance of learning relaxation and associated skills in order to cope better with today's pace of life. Teaching relaxation to young children may well soon be regarded as essential. Once learned, these skills will be of benefit for the rest of their lives.

Te rangimarie tatou e.

On our website you will find:

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