



european forum of  
psychomotricity





## Teenager psychomotor therapy group

- Instruction:** From an open proposal of relational play, the teens start sensor-motor play: wide movements around the psychomotricity room, rolling on the floor, jumping, relational play with balls. From previous agreements, regulated games emerge. They have different rhythms depending on their individual tone. Sensory-motor play lead them to express aggressiveness: energy, strength, competitiveness, winning, dominating. It also allows them to deal with conflicts. At the end of the session, there is a space and a time to talk about their relationships with parents, teachers, and fellows.
- Material:** Psychomotricity room materials.
- Keywords:** Improving social skills, relationships and communication, self-esteem improvement, emotional intelligence, expression of feelings, emotions, ideas, releasing aggressiveness, conflict resolution.
- References:** Pascual Moral, C. cita: „La autonomía no es egoísmo ni individualismo, capacita para la independencia funcional y crea un comportamiento en el individuo que es voluntario y sin coacción“. *Identidad y Autonomía: metodología Psicopraxis*. Ed.: La casita de Paz. Zamora (2011).