

The logo features a stylized flag with horizontal stripes in blue, green, and red, and a semi-circle of yellow stars above it, reminiscent of the European Union flag.

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## Activity with beans and peas

- Instruction:** An elderly person is sitting by the table, boxes with beans are offered. He/she will have to put the different types of legumes in the right place. The activity is done together with the expert, alternating shifts. Adapting the activity to the stage of disease and age is important.
- Material:** Small boxes, legumes such as chickpeas, beans, peas.
- Keywords:** Relationship, tonic modulation, fine motility, ocular and manual-motor coordination, selective attention, working memory, lived experience, memory.
- References:** Boscaini, F. (2018). L'apporto del rilassamento nelle situazioni di trauma psico-corporeo dell'anziano. In *ReS, Ricerche e studi di psicomotricità*, Vol. XXVI, Is. 1, pp. 13-23.  
Calizade Vorone, M. (2021) Metodo Soubiran®: adattamento del metodo agli anziani. In *ReS, Ricerche e Studi di Psicomotricità*, Vol. XXIX, Is. 1, pp.78-132.  
Loureiro, M.B. (2012). Valutazione psicomotoria negli anziani alla luce di Wallon. In *ReS, Ricerche e Studi di Psicomotricità*, Vol. XIX, Is. 3, pp. 8-12.