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# Call for Papers „Educational Forum / Forum Oświatowe” nr 2/2021

## Relaxation in Education – Research, Theory, and Implemented Solutions

Experience shows that technology in education brings new challenges. Mastering new skills in remote teaching, social isolation, and the need to face the learning process independently become the spheres that require creating conditions to mobilize oneself and others to learn. A combination of relaxation techniques with stress reduction, psychological assistance, and building self-awareness can be a solution to support the education field. But is it?

For the purpose of this compilation, by “relaxation,” we mean all methods and techniques that facilitate not only the reduction of tensions within the physical body (either passive or with the use of motion) but also, and perhaps above all, those that allow the decrease of mental and emotional tensions associated with a general situation of existential danger (particularly pandemic and ecological).

Among the known practices are:

- » Classic relaxation techniques and methods, e.g., Schultz Autogenic Training, Alexander Technique.
- » Traditional and original introspective methods, e.g., Meditation, Mindfulness Training.
- » Relaxation exercises of movement expression, e.g., Relaxation Dance, Dynamic Yoga.
- » Creative and original relaxation techniques, e.g., Working with mandala emotions, visualization techniques,

However, their application may require a new approach, modification, or incorporation in the pedagogical field.

### We invite you:

- » **to submit texts** on the review of research on relaxation at school (comprehensive views as well as discussion of individual techniques) in Polish and international education (at all levels);
- » to discuss your own research;
- » reviews of publications in this field.

In the section *From practice*, we encourage you to bold, **authorial extensions of the following issues:**

- » How to implement relaxation techniques in the educational process?

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- » What methods and techniques are or could be used in education depending on the age group?
  - » How could support be organized for teachers and parents in this field?
  - » What are the obstacles, problems, blockages in work on body awareness, and practical application of relaxation techniques in education?

**Cooperation:**

The issue editors are Lesław Kulmatycki (Ph. D.), an employee of the Academy of Physical Education in Wrocław and the University of Wrocław, and Magdalena Karciaz (Ph. D.) from the University of Lower Silesia. The reviewers will be Polish and foreign experts conducting research on the implementation of relaxation techniques in education and the creation of health promotion programs.

**Submission Date:**

We are waiting for texts until June 30, 2021. You can submit them through the OJS FO system (<https://forumoswiatowe.pl/index.php/czasopismo/information/authors>). More information for authors: <https://forumoswiatowe.pl/index.php/czasopismo/about/submissions>

**Questions?**

[www.forumoswiatowe.pl](http://www.forumoswiatowe.pl)

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