



**Title: Barefoot**

**Objectives:**

- Strengthen the immune system;
- Massages the nervous areas of the body in the feet;
- Reduces stress, helps to relax.

**Equipment:** various natural materials: pine cones, sand, stones, chestnuts, wood.

**Stage 1:** collect natural material: pine cones, chestnuts and other. Involving family members in the educational community in the collection of natural materials;

**Stage 2:** we recommend to dry, select and sort the collected natural material;

**Stage 3:** create a trail: construct its frame using wood, to fill the trail with natural material;

**Stage 4:** walk barefoot on a trail of various surfaces for 3-30 minutes. It is recommended to walk the trail in the morning and evening.