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Anastasia lazariuc flori de liliac



<ul style="list-style-type: none">- Tablouri cu aspecte de toamnă ale marilor pictori (programa are ca obiective, și nu am precizat în Raport, copiii trebuie să cunoască aspecte, elemente din cultura materială și artistică, dar nu vor fi cer să atingă din „ambalaj social” de care, combinate, se plăgăm?)- Albane cu parțiale sau ca temă antecurriculum de toamnă, etc.;- Colegii de țară înainte pentru selectarea conținutului planificat a fi produsă copilar (spatiu clar specific cu colegii „am uitat”)- Imagini cu anotimpul de toamnă, zilei, iarnă, Lăuna cu fructe, flori, plăcici caldure, îmbrăcăminte de sezon, etc.- CD playar, CD-artistice, DVD, prezentări Power point în concordanță cu temele planificate, crea de proiecte, video-proiecte;- Aparat foto, computer, imprimantă, scanner;- Instrumente de scris, acelu, cretă, cârta de colorare;- Tablă magnetică, cuburi cu perispi;- Imagini și filme din autofoane, filme documentare deosebite din zile, ambalaje cu fructe, legume, flori de toamnă, mesaje scurte: demersuri de fructe, legume, flori de toamnă, fragmente din povești literare, scene de personaje din povești povestite la clasă;- „Dispozitivul săptămânii”, „Fazașta săptămânii”;
ȘTIINȚĂ: <ul style="list-style-type: none">- Fructe, perispi, crenguțe de apă, trunchi de copac;- Fructe, legume (cumpăni, grăunți), flori de toamnă, vase, plăcici cu și pentru flori, pălării, creșeri, bătăi, găle, perispi;- Față de fațetă adaptată sezonului;- Actele și procesele biologice, fiziologice, psihologice, mecanice de scris, magnetice;- Locuri turistice și de recreație din zona de studiu și în jurul școlii sau în altă țară, țigărie;- Lăstari, prăjini de lemn de tăiat;- Cămar, arbori, apă, aer;- Pădure, câmpuri (imagini, video și în planșă);
ARTĂ: <ul style="list-style-type: none">- Hărți ale, colorate și organizate, hărți glori, autofoane;- Materiale din natură, acvarelă, pensule, plastilină, vase pentru apă, glaciuri, lipici, cretă colorată, cretă, tablă, markeri, creta, materiale pentru broșaj, ștampilă, perforator, foarfecă, aruncă, tablă magnetică, cretă de desen, cretă colorată de diferite forme și dimensiuni, cretă glaci, pălăie, plăci din lemn, fațetă pentru amputare, aruncă, lipici, perispi pentru scriere, carton de diferite culori;- Cămar cu apă, apă caldă (computer, tabletă de fructe, gaze, deșeură, cretă, etc.) și apă;- Sertar, balac;- Cămar și dintr-o prăjina, stăbule de pășune;
JOC DE MASĂ:



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Many nonbelievers have mistakenly concluded that an ASMR sensation is inherently sexual, but, in actuality, it's more along the lines of how a sound machine might trigger a specific sensation. As mentioned earlier, ASMR can also be triggered by certain types of visuals, such as watching someone brush their hair; seeing someone pet or cuddle with a pet; viewing a repetitive task, like folding laundry; watching someone move their hands slowly; and observing someone who is painting or drawing — think Bob Ross, the accidental ASMR pioneer. It feels like something between goosebumps and that delightfully shivery feeling you get when someone whispers in your ear. Potential Health Benefits of ASMR When it comes to understanding how, exactly, ASMR works, the jury's still out, but a few studies have shown that experiencing these sensations might have some solid health benefits. The short answer: Everyone is different, but there are some common threads. But while ASMR has amassed millions of loyal fans around the world, it's still met with skepticism by those who don't understand it. As mentioned above, sampling cues on YouTube or Twitch is one of the easiest ways to discover what triggers your ASMR sensation(s). The site was founded by Craig Richard, a professor of biopharmaceutical sciences at Shenandoah University. Some of the earliest ASMR studies suggested that not everyone may be capable of experiencing such sensations, hence the ongoing skepticism, confusion and misunderstanding. If you're interested in doing a deep dive into these studies, we recommend checking out ASMR University. Even now, with more awareness, it can be hard to put ASMR-related sensations into words. And while it doesn't have as huge of a following yet, ASMR Rooms provides the perfect escape right now. Why's that? On Twitch, you'll find tons of streamers whose channels are dedicated to various kinds of ASMR artistry. Looking for something more music focused? Try ASMR Zeitgeist, whose 1.9 million followers love his sensory DJ vibe. Among them is the ever-popular MaryJLeeee, who creates rhythmic ASMR sound experiences — from running her nails over objects to whispering — in order to help listeners with insomnia, anxiety and relaxation. MORE FROM ASK.COM Another barrier? The term ASMR was originally coined by Jennifer Allen back in 2010. Some Popular ASMR Channels Whether you're already into ASMR or just starting out, there are several great YouTube and Twitch channels worth exploring. One study described ASMR as “the experience of tingling sensations in the crown of the head, in response to a range of audio-visual triggers.” Photo Courtesy: WhispersRed ASMR/youtube In far less scientific terms, an ASMR-induced sensation is sort of like that feeling of intense well-being you get when you see a beautiful sunset or hear an incredible piece of music. Though Allen wasn't a scientist, she discovered that she was one of many people looking to put a name to a certain sensation — one that proved difficult to describe. So, what exactly is ASMR — and is it a valid, scientifically-backed therapeutic tool or just another trend? So, why are people so skeptical of it? For many ASMR fans, it's not really a matter of whether science can explain ASMR, but, instead, it's about the fact that it works for them. Well, because it's one of those things that's hard to explain unless you've experienced it first hand, ASMR is often misunderstood by folks just discovering the term. Dr. Richard became so fascinated with ASMR that he even wrote a book about it called Brain Tingles. For example, ASMRSurge has a great YouTube video that provides over 50 different potential triggers. Photo Courtesy: Diego Cervio/EyeEm/Getty Images Since rising in popularity, autonomous sensory meridian response (ASMR) videos have carved out their own little subsection of the internet. Photo Courtesy: ASMRSurge/YouTube Throughout his studies on the subject, he's pulled together a list of apparent ASMR health benefits. Well, this ASMR artist recreates the ambiance of popular settings from movies, like Lord of the Rings, so that you can escape into a calming, ambient atmosphere. From her calming voice to her wide blend of sound props, she's bound to get you relaxed in a matter of seconds. Above all, it tends to get you very relaxed — and very quickly. Photo Courtesy: MaryJLeeee/Twitch If food sounds are your thing, look no further than SAS-ASMR, which is the unofficial place to be for over 9 million foodie fans from around the world. With nearly 3 million followers, Gibi ASMR is one of the undisputed ASMR queens of the internet. What Is ASMR? As MaryJLeeee points out on her channel, “most ASMR is binaural, meaning left and right sounds are heard separately,” and, with this in mind, she recommends listening with high-quality headphones to get the best possible experience. Be it visual or auditory, typing, tapping, and scratching are often linked to ASMR sensations too. So, what sort of auditory or visual cues trigger an ASMR response? Some of these include: Inducing sleep and relaxationReducing stress and anxietyReducing depressionIncreasing focus for studying, learning, and workingCoping with chronic pain While ASMR is not a one-stop fix for any major condition, it seems to be going a long way toward providing listeners and viewers with ways to manage their health concerns. If you're curious about what might trigger an ASMR sensation for you, you'll undoubtedly find a lot to comb through on dedicated Twitch and YouTube channels. Photo Courtesy: ASMR Rooms/YouTube A few of the most common auditory ASMR triggers include the sound of rain or waves; acrylic nails tapping on a solid object; whispering; book pages turning; a pen or pencil being used to write; crackling fire; and wind.

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