



Manual de Psicomotricidad, Ritmo y Expresión Corporal (Educación infantil y primaria) (Spanish Edition)

Marta Schinca

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Todo ser humano se manifiesta, se hace patente a los demás, a través de su presencia física. Todo contacto de la persona con el mundo exterior se establece desde la propia realidad corporal. El cuerpo es el nexo de unión entre el mundo interior y el circundante. Por eso, el proceso de formación y desarrollo de la capacidad intelectual y psíquica del niño sería incompleto y antinatural si atendiera solamente al área cognitiva. No sólo se debe pensar, sino percibir, sentir y vivir las experiencias desde la unidad psico-física. La psicomotricidad y la expresión corporal se basan en ese principio. A partir de la vivencia del cuerpo en el espacio y en el tiempo, se desarrolla la conciencia de uno mismo como ser íntegro, sensible, creativo, capaz de sentir y de expresar, y, lo más importante: capaz de compartir y comunicar con los demás. Este método ayudará a los profesionales de la educación a favorecer el desarrollo armónico del niño en su totalidad psicofísica.

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