



Actividades de animación para la tercera edad (Spanish Edition)

Stella Choque, Jacques Choque

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En este libro se presentan propuestas concretas e innovadoras por medio de 400 fichas-acción, ilustradas con dibujos explicativos, que permiten responder a las necesidades fundamentales del mantenimiento de la autonomía motora, afectiva, cognitiva y social de las personas de la tercera edad. Estos ejercicios prácticos están organizados en siete secciones: * Actividades físicas (equilibrio, flexibilidad, destreza...) * Actividades cognitivas (grupos de palabras, talleres de memoria...) * Actividades de expresión y comunicación (juegos teatrales, juegos de sociedad...) * Actividades socioculturales (exposiciones, paseos, descubrimientos...)* Actividades de artes plásticas (dibujos, modelado...) * Actividades domésticas (jardinería, cocina terapéutica...) * Actividades espirituales (grupos litúrgicos, respeto de los ritos y las tradiciones) Stella Choque es enfermera ejecutiva, licenciada en Ciencias de la Educación y animadora de grupos para la gestión del stress. Jacques Choque es entrenador deportivo especializado en la animación de las técnicas conocidas como suaves (yoga, stetching, relajación, gimnasia suave, automasaje)

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