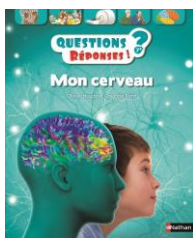


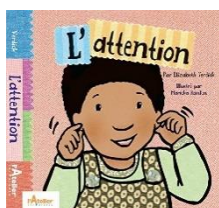
## Bibliographie Enseignants

### A destination de vos élèves

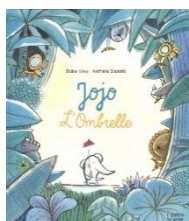
#### Le cerveau



#### L'attention

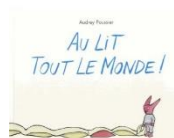
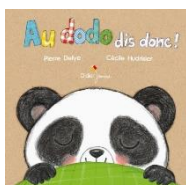


#### La mémoire



#### Sommeil

##### Albums



##### Documentaires



##### Vidéos

<https://www.lumni.fr/video/petit-ours-brun-n-a-pas-sommeil>

<https://www.lumni.fr/video/dormir>

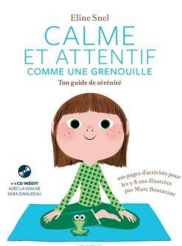
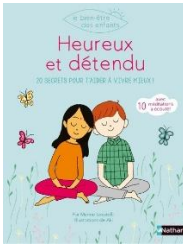
<https://www.lumni.fr/video/le-temps-calme>

<https://www.youtube.com/watch?v=4ygy1N3jQ8>

##### Podcast

<https://www.radiofrance.fr/franceinter/podcasts/toudou/histoire-7-le-reve-5575272>

## Pauses



## Cohérence cardiaque enfant

[https://www.youtube.com/watch?v=v3daVT4u\\_80](https://www.youtube.com/watch?v=v3daVT4u_80)

## Relaxation

<https://www.youtube.com/watch?v=NgBWYXo-9ro>

<https://www.youtube.com/watch?v=v2y9KFQK4IM>

<https://www.youtube.com/watch?v=-c-IX1VRfiY>