European Day of Psychomotricity 2016

For the 20th anniversary of the European Forum of Psychomotricity the "European Day of Psychomotricity" was created on 19th of September. This day was also celebrated in Switzerland. Shortly after the summer holidays and at the beginning of the semester, there was only a short time to prepare. Nevertheless, various interesting activities were organized.

The Association for Psychomotricity in Switzerland provided stress balls with the association logo and over 2000 balls were sent to the members. With these balls, together with posters or flyers, the members informed the professionals they work together with such as doctors, speech therapists, ergotherapists, physiotherapists, psychologists or teachers in our profession. Members played with these balls on the street and at the same time balls were distributed to the passers-by. Competitions with the balls were organized for school classes. And not only a healthy break-away snack could be won, each class also benefited from a movement break... Tables with information about the profession were provided at therapeutic centres. In other places the children were allowed to bring a guest like a friend, brother, grandparent, teddy bear, et cetera into the therapeutic setting. On the day of the psychomotricity also some whole school classes were invited to visit the therapeutic center. Different articles about psychomotor therapy have been published in several newspapers on this special day.
So the first “European Day of Psychomotricity” was celebrated in various ways throughout Switzerland.
We are already curious about the ideas for the next “European Day of Psychomotricity” on 19th of september 2017.

Association for Psychomotricity in Switzerland