**Przykładowa muzyka wspierająca treningi relaksacyjne**

Serdecznie zachęcam do słuchania z dziećmi muzyki i wspólnej relaksacji.

**Odgłosy zwierząt:** <https://www.bing.com/videos/search?q=dzwi%c4%99ki+otoczenia&view=detail&mid=93707FC2D22AF93616E293707FC2D22AF93616E2&FORM=VIRE>

**Przykładowa muzyka wspierająca treningi relaksacyjne:**   
[https://www.youtube.com/watch?v=eWLVBP3VrO4](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DeWLVBP3VrO4%26fbclid%3DIwAR1gR0DNqVbyag8j-edAt4fTUat3Rzkekb7Ls2D0zUCEXcAM999TBlEMojk&h=AT2sebwVNDMfaUl1PszvbKGoesgOWqx4fRjPxma40_-gm8CbU-wJ1mmZBvdfZTrTyrsjNt3m-juYL5jm4d4Q2GO9kBRc_F65rH_EQRZCV6GW0DPkfaAoEcjSaHzTc7FL4d1LS79n9v6u9QM5Tntiago1bQuv9P8tvacPQPGjBAO8rpv-1Xfx08c3AbA-3bujWvnJjkq2GlWzI9Kbh3UiAatVMkAg4_iGpmnxUHFf1uJ5I7PnF0_pEPwa-PMCFohAUz-c7DhEOW9CEY-JoRFwkyX3-WBXvLROKZhlRKA6_9BIDxRKBRUNwVGaNIfZH1x-bZnpx6yHSrZ73epoy5Yvck5VAQkcxYb7wfqNnd0285p7w4enCKAlSCAfsOL2O8PFSi-VyYfM_T4JFozqB57v8au8HvaKm4lcADpDTLyOs3_Ox1I0-cP0HK_k2pt1yXJRQEP9OykS7ziGo3ZYFt_qNPLs0_6zVpRq84Bzq76Kce9e6uExc6HLxN_V8YPmDDAtrV4rEXlRZDZCmXvZ6QhqylAO6sVZMnDSAwLBxgpkILmxPX1UwARmnzR6HrrTAHZP_FfvHdYYb6OFTd8erg7v1VnV-pwVgRQluzZP9PcCvFr82DjoAZv7PK7UMOmlkSsA2FGe)

[https://www.youtube.com/watch?v=eWLVBP3VrO4](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DeWLVBP3VrO4%26fbclid%3DIwAR0o3uA7vodMladARwN5Omk9of1jIJDca9EDmxdg3Hjk-HheVPs6jlSr8TY&h=AT3SZFHRKB9miKgA4Ch97kve_9KMOhYy3Q8khlhT7fP7oGJCatJl69rfsxiA-tI8AmP3SL6bbo1CPueZdNrJH19cM8cUX7veihLNh717i-P5z1XDXRcWBZCQILkHCZ1FfGGMxC8uxdOc5WJtiB5D79oUUPGp_4cREyuuczt3KbfRSPClSVdw9RpO83CsScTyJD6_U9FWCViy3-K73pBbDv4vqjZRKLSKqSHYTQh5oXldFN5_QQ0ov1wAx2W4ovlVX90GbpF-Iz-gCt36aP0o-pKo4TE7htOlr8bbbfj2SxOrU4U1HNVuc0gWHdaM8EvRFNhv-YpG1YDo2mxaC8qvlzCNTsauEkL7YFrn6ewr8prF-H1mjKJFhxgwxgtx3x948_HfEW-qnzZBLEY3r_5I_WQ9qNUoymH3gHnh9tBopJkEe0wGuCXrrn2AkTFKB4bOOJjOxR4vdKoHG658F81zgH4KlXEfpAdyVFsPbKFYjJi-45xo_tNVUkhVGw5nJk-RmxPbXm0jj-DV2_cYmVF4-HGL8MJ8w6atYO3MQhMVXT84RJhy7Qj_GzKkr4mhAviY6t5bLPl3noCUVOhcZTjSW4nxVzRrNE2yIouJbFLZkThsgSt6JmN5BkYk-woe2VcIl5mx)

[https://www.youtube.com/watch?v=B2FMzrceP34](https://l.facebook.com/l.php?u=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DB2FMzrceP34%26fbclid%3DIwAR16ou1voSpQ6l55U-upbq0AZo19mGkWRjWmmfuX7L6KjpQqx8X6J8xoNtg&h=AT0C6eNW-Bew44n7C4QAR6gWt42_dQ5s1tKtXF0fVYMe_-v5xdqd3wA1vCcBAC4rzVHIghYDC_BUEbluaVjUUqFp5WSkOhk1ROkfTCjdAKGsL5Vb1FDRP_LLjhgtQ6y_Ah3qDvGdp4fyrl7aw50SaUvFBHjNVDxnrjRkvj-VhrznruVThH3MGfhKO3z5Hqe7tCLQPHNVU7qgdUr7EBEcaPbAOGJPs0sEcOzRG0S7YFov5TVBLqtBM3RUQbpGR1yDobbSYnm7fIxxQtaG9_RF_LN__TsD4o8-_h1ywsuk6pGhqVgXYzCm5roNpOYD3ft1f3_J3HUn9qYlN5osaS2PeGA_AJvUOSu8a-DrU2LXTzQZntXoiYx2pPfae4BazrnH4t2PMZ3qZxvc_KWoowFbmO2SkOe8zxv7XJJV_iWPn-vF3hfJGBpVAZUIIsnXXsrnCkpYrBdfSoajVOFBjkWP4hm5Zscql0uxtbmWd2QvrvY7mVB_V01TayCGQoGmS39jLCBWDqhxKyiNDd2zavDM-_QKptZIWSQv2visHconKQgUF-ANuY3NQyqKAPoyJ4dZYXJgOlms-g_45mRB-OqQ4_N8FXmwbVwSAdGBYoDV213qgPscSzWZdxZEkM_zd82f9VOc)

[https://www.youtube.com/watch?v=Q8JIO106JlM](https://www.youtube.com/watch?v=Q8JIO106JlM&fbclid=IwAR0GAPCR_oBo_E8tikoRkhCKlhXrsh7QjspXQGfCT2ZQ6z4PmPsGp5r2Sgc)

[https://www.youtube.com/watch?v=taJ7Rb3qgi8](https://www.youtube.com/watch?v=taJ7Rb3qgi8&fbclid=IwAR1rjIaa1oMxvbw0HxS8ZDNQ0vkXUjlYuEozTlGUnkmUYQ-tMgTtBw7f8Z0)

*Pozdrawiam: Barbara Kopa*