

SONETTE

Social **N**ETworks and **T**Eenagers stress: Interoceptive awareness in Physical Education for improved mental peace (a project of the "Exploration JAPON" programme of the French Embassy in Tokyo)

Project leader:

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**UNIVERSITÉ
DE LORRAINE**



Partners in Japan:

Okayama University – Bernard CHENEVIER

Tokyo Gakugei University – Hideto SUZUKI

Kwansei Gakuin University – Akira KURASHIMA

Doshisha University – Haruka OKUI



Tokyo Gakugei University
東京学芸大学



Pr. Mary SCHIRRER

Programme ---- November 2023

Wednesday 8 November

Departure from Sarrebourg (train at 6:17, arrival Strasbourg at 7:08; departure Strasbourg 7:31 to Roissy CDG 9:28; flight departure: 14:40)

Thursday 9 November

Arrival Tokyo Haneda at 12:05

Friday 10 November

Meeting with Professor Hideto SUZUKI (Tokyo Gakugei University).

Visits and observations of PE classes

Morning: 4th year of Secondary School - Activity-Basketball and Volley Ball (Tokyo Gakugei University)

Afternoon: Public Primary School in Tokyo. Planned schedule and activities TBD.

Saturday 11 November

9:00 - 11:00 - Work shop with Pr. Hideto SUZUKI (Tokyo Gakugei University)

Analysis of Physical Education Programmes and Training for future PE teachers

14:03 - Train to Okayama (Tokaido-Sanyo Shinkansen – Hikari Okayama)

18:02 - Arrival Okayama station

Welcome by Dr. Bernard CHENEVIER: accommodation 1 night to TSUSHIMA Lodge

Sunday 12 November

7:30: walk to Sogenji (Sogen Temple)

8:00 – 9:00 - Introduction of zazen practices at Sogenji temple, with Pr. Mariko UZUKA.

9:00 – 10:00 – Tea ceremony and talk on the Dharma with Mr. Harada ROSHI

Afternoon – Transfer to Recent Culture Hotel - Cultural Excursion

Monday 13 November

9:30 - Walk to Tsushima campus

10:00 - Tour of Okayama University - with Bernard Chenevier

14 :00 Meetings ---

Pr. Takayoshi SUZUKI, International Relations Office - presentation of the project and planned collaborations

Pr. Mariko UZUKA: work at University with Japanese and international students / Student's stress and anxiety at University and how to cope with it

Pr. Ai YAMAUCHI: needs of students / place of yoga and physical activities at University

Dr. Bernard CHENEVIER: setting up international projects (European Commission)

Tuesday 14 November

- Morning: Pr. YAMAUCHI Ai - Yogo teaching presentation + discussion about the place of mindfulness body practices at University + Wellness class observation
- Afternoon - 15:30 – 17:00 - Discussion with Pr. YAMAUCHI's student (last year)
- Visit university Japanese martial arts club

Wednesday 15 November

- Meeting with Pr. Ai YAMAUCHI

- Fitness class observation (10:45 => 12:35) with Pr. Haruko SAKO teacher and Pr. Ai YAMAUCHI
- Workshop with Pr. H. SAKO and Pr. Ai YAMAUCHI: topics
"PE formation, students needs, body listening during physical activities and body's conceptions, well-being"

16:09 - Departure to Osaka, Kodama line (Okayama => Shin-Osaka)

Arrival Osaka 17:25

Thursday 16 November

Welcome by Pr. Akira KURASHIMA

- 13:00 – High school Thatchiai of Kobe – meeting with Pr. Kazuya ARAKI
- 14:00 – 15:00 – class observation
- 15:00 – 17:00 – discussion with Pr. Kazuya ARAKI and Pr. Akira KURASHIMA (PE in Japan, body's conceptions, pupils needs, PE teachers training)

Friday 17 November

Day at Kwansei Gakuin University with Pr. Akira KURASHIMA

10:00 - Tour of the University

13:30 – 15:30 – class with students – research in sociology –

Pr. Mary SCHIRRER introduction of research project SONETTE – Relations with my work on
"Listening to the body and sensory education in PE and sports".

Saturday 18 November

Day at Doshisha University - Kyoto

Workshop chaired by Pr. Akira KURASHIMA & Haruka OKUI

Topics: Conceptions of the body in traditional (Japan), physical and sports activities in France and Japan.

Details:

- Observation and interviews of traditional craftsmen in Kyoto
- Observation and interviews of the learning of body techniques rooted in Japanese culture
- Identification of researchers in the field of physical education in Doshisha University.

Sunday 19 November

Departure to Tokyo

Monday 20 November

Cultural excursions

Tuesday 21 November

Meeting with Professor Hideto SUZUKI (Tokyo Gakugei University).

Visits and observations of PE classes

Morning: 1st year of Private High School near University. Activity-Judo and tennis.

Morning: class observation with students who want to be primary school teacher focusing on PE.

Afternoon: class observation of 3rd year of Private Junior High School. Activity-Olympic Gymnastic.

Wednesday 22 November

Departure from Haneda, Tokyo - Flight departure: 9:05 AM

Back to France, arrival in Paris at 15h50, Train from CDG (18h53) to Sarrebourg via Strasbourg (21:04).

Arrival in Sarrebourg: 22:55

SONETTE at a glance

Sensoriality and interoceptive awareness in Physical Education (PE) for improved body awareness, mental peace and stress relieve. **Comprehensive investigations in Japan and Europe (France)**

Numerous studies today warn of the *ambivalent impact of social networks and screens on teen agers. Their possibly educational and relational dimension can quickly be swept away by their negative effects on the physical and mental health of young people: sedentary lifestyle, addictive nature of their uses, "obligation of permanent connection contributing to stress"*.

SONETTE is therefore oriented to a major international concern of teen-agers well-being. And more specifically to the combination of mental health and physical well-being. It is a continuation of our work on sensory learning and the bodily well-being of freediving practitioners, students in Physical Education (step) or yoga activity.

Main challenges of this project are focused on the exploration of the place of **body awareness in physical education (PE) in countries with different educational systems and sporting cultures**. On the exploration and the search for greater body ownership and well-being, as a method to mitigate the instrumentalization imposed by modern society (Rosa and Wallenhorst, 2022).

SONETTE challenges of this project are threefold:

CHAL-1- scientific: comparative approach to sensory education processes in different cultures (structures, purposes, professional practices and learning) - This approach must in particular provide a corpus of positive or negative approaches and tools, which will be brought together in the activity report at the end of the project.

CHAL-2 – professional: effective professional practices will be highlighted - they will then be disseminated within university and educational establishments via professional networks such as AEEPS in France for example.

CHAL-3 - societal: achieving the two previous objectives will contribute to the physical and mental well-being of adolescents which will be evaluated and will be the subject of oral communications to the general public.

The EXPLORATION JAPON programme



すべての科学分野対象「エクспロラシオン・ジャポン」プログラム2024公募開始

在日フランス大使館は「エクспロラシオン・ジャポン2024」の応募受け付けを開始します。このプログラムは新たな日仏科学協力に向けて日本の研究チームとの初めての話し合いを希望する、フランスの機関に在籍する研究者を対象として、渡航費を助成します。

→ [詳細](#)

Useful contacts

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