

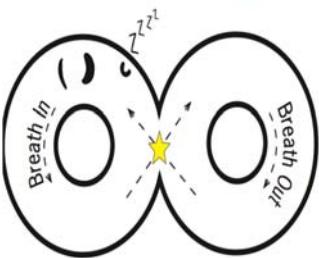
TRACE ALL 5 FINGERS



### Take 5 breathing:

- Stretch your hand out like a star.
- Get your pointer finger ready to trace your fingers up and down.
- Slide up each finger slowly while breathing in through your nose.
- Hold for one second.
- Slide down the other side while breathing out through your mouth.

### Lazy 8 Breathing

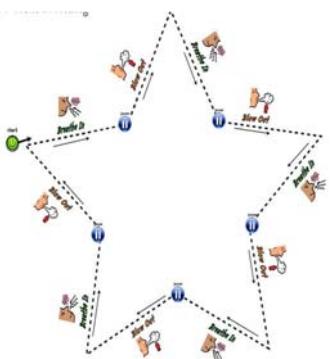


### Lazy 8 Breathing

- Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.
- Hold for one second.
- As you cross over to the other side of the Lazy 8, slowly let your breath out.
- Continue breathing around the Lazy 8 until you have a calm body and mind.

\*\*After some practice using the worksheet, try using an imaginary 8 and trace the pattern on your leg or desk.

### 5 Count Breathing Star



- Start with your finger on the start dot.
- Slowly breathe in and out as you trace the star with your finger.
- Try to breathe in through your nose and out through your mouth.

### Hot Chocolate Breathing



- Imagine you have a delicious mug of hot chocolate in your hands
- Smell the hot chocolate by breathing in slowly through your nose to the count of 5
- The hot chocolate smells so good you want to drink it, but it's too hot! Blow on the hot chocolate for 5 counts
- Repeat a few times, noticing how relaxed you feel

## **Snake Hiss**



- Sit cross legged.
- Place one hand on your tummy so that you can feel your breathing.
- Breathe in slowly, filling your lungs from the bottom up.
- Slowly hiss out your breath, seeing how long you can exhale.



## **Visualized breathing**

- Use bubbles, a foil pinwheel or a feather to "see" your breathing.
- Focus on slow breaths in through your nose and out through your mouth.



## **Count to 10**

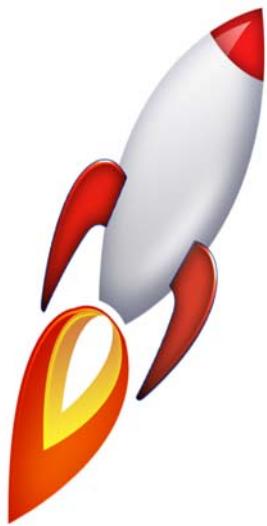
- Count to 10 while focusing on your breathing and relaxing your shoulders and neck



## **Peacock Breath**

- Give each student a peacock feather of their own to hold
- Hold the feather in front and exhale completely, seeing how long you can blow the peacock feather
- Breathe in slowly through your nose to the count of four
- Now breathe out again, seeing how long you can make the feather move

## Rocket Breathing



- Sit with your back straight. Hold your hands gently together in front of your chest, getting ready for take-off.
- As you count backwards from 5 (in your mind), press your hands together and inhale during the count-down.
- When you reach "take-off", exhale slowly while moving your hands in an upward take off motion until your arms are straight up. You can make a "whooshing" sound during take-off, fully exhaling as you go.
- When your hands and arms reach straight up, you can separate your hands and allow them to circle back around to the starting position.
- Try doing this a few times and see how this deep breathing calms your body.

## The Melt Away

Tension can just melt away through the focus of our thoughts. The *Melt Away* will help you to let tension melt from your body.



- Close your eyes and breathe deeply. Take two deep breaths, inhaling to the count of 5, exhaling to the count of 5.
- Now begin with your toes. Imagine that a big sun is shining over your toes, melting away any tension. All the tension to melt and sink into the floor, just like melting snow or an ice cube. Feel how warm and relaxed your toes feel. Breathe.
- Now focus on your legs.... arms... shoulders...back...neck... and head.
- Now that you have melted away any tension or tight places in your body, just allow your whole body to melt into the floor. Feel the floor beneath you holding you. Imagine that the big sun above you is shining a brilliant golden light over all of your body and allow that warm light to touché every part of your body. Breathe.
- Now, wiggle your toes and your fingers. Take a deep breath and get ready to open your eyes.



## Progressive relaxation (level 1)

This is the first of 3 levels of progressive relaxation. At this stage, the student will need a helper to read out the script and assist with the exercise.

### Getting ready

- Find a comfortable place to sit or lie down.
- Close the eyes, and let the body go loose.

### Instructions

- Once the student is sitting comfortably with eyes closed, slowly read the following instructions:

"Take a deep breath in through your nose...hold your breath for a few seconds...and now breathe out...take another deep breath through your nose...imagine your tummy is a big balloon filling up with air...hold your breath...now breathe out and imagine that the air in the balloon is slowly escaping...Now I want you to pay attention to your body and how it feels....

Let's start with your legs...Stretch out your legs in front of you and point your toes...squeeze the muscles in the top of your legs...now squeeze the muscles in the bottom of your legs...hold it...now relax...let your legs go limp...imagine that your legs are floppy cooked spaghetti noodles...notice how heavy your legs feel... now take a deep breath and hold... breathe out...

Now, make a fist with your left hand and squeeze...imagine that you are holding an orange and you are squeezing all the juice out of the orange...feel the tightness in your hand and arm... hold it tight...and now relax your hand... notice how your muscles feel when they are relaxed...now make a fist with your right hand and squeeze tight...imagine that you are squeezing the juice out of a lemon...feel the tightness in your hand and arm...hold it...and now relax your hand... now take a deep breath and hold...and breathe out...

Let's focus on your arms...stretch your arms out in front of you like you are reaching out to something...keep stretching...hold it...and now relax...let your arms drop to your sides...imagine your arms are cooked spaghetti noodles that are dangling at your sides...notice how relaxed your arms feel... now stretch your arms up above your head...try to reach for the clouds with your finger tips...hold ...now let your arms drop to your sides...relax your arms...let your arms go very floppy...notice how calm you feel... now take a deep breath and hold...and breathe out...

Let's move to your shoulder... pull your shoulders up to your ears...hold... now relax... notice how relaxed you feel... now take a deep breath and hold...and breathe out...

Now, pull in your tummy muscles...imagine that an elephant just stepped on your tummy...suck in all the muscles in your tummy...hold it... now relax...let your stomach out...relax all the muscles in your tummy... now take a deep breath and hold...and breathe out...

Finally, wrinkle up your faces as much as you can...wrinkle your nose...mouth...eyes...forehead...cheeks...and push your lips together...Notice how tight the muscles in your face feel...hold it... now relax...let all the muscles in your face go limp...notice how relaxed you feel... now take a deep breath and hold...and breathe out...

Now relax your whole body...imagine you're a rag doll and try and relax all the muscles in your body. Notice how good you feel...so relaxed...so calm...now take a deep breath and hold it...and breathe out... When you are ready, you can slowly open your eyes."

## Progressive Relaxations (level 2) - Quick Tense & Relax!

**Relax**



- After the student has had some time to practice the full version of the muscle relaxation exercise (level 1), introduce the *quick tense and relax* strategy.
- In this approach, students learn how to tense all the muscle groups (for 5 seconds) and then to relax all the muscles in his or her body at one time.
- Practice this by taking a big breath, lifting up the shoulders, pushing out the chest and wrinkling up the face. Then, silently saying the word "relax" and letting the whole body go limp like a rag doll.

## Progressive Relaxation (level 3)-Quick Relax!



- Once you have learned to tense and relax the whole body, practice relaxing without tensing so that you can easily use this strategy in a wide range of situations.
- Take a deep breath, then slowly let out the breath while silently saying the word "relax" and letting the whole body go limp like a rag doll. Go through several breaths, each time letting the body become looser and more relaxed after each breath.
- The goal is to develop a quick strategy to use in order to relax in any situation.

## Guided Imagery- A Special Place

The purpose of this exercise is to create a powerful image of a wonderful, peaceful place. With practice, it will become easier and easier to imagine this place and feel its relaxation. Encourage the student to lie comfortably and breathe slowly in through the nose, and out through the mouth. In this activity, students are encouraged to answer questions out loud.



- Have the student imagine a favorite place or activity and picture it in his mind
- Ask the student: "What do you hear in this place? What do you see? What do you smell? What do you feel?"
- Practice going to this special place in your mind and remember to use all of your senses to experience it.
- This special place or activity can be further developed by having the student write about it or draw/paint it

## I am a Tree



- Find a comfortable position; sitting standing
- Close your eyes and turn your attention to your feet. Imagine that you have roots growing very deeply into the center of the earth. Feel how deep your roots grow.
- As you are imagining your deep, deep roots, take a few slow, deep breaths. Breathe slowly in through your nose and out through your mouth. As you breathe in, notice that your tummy gets bigger, filling with air. As you breathe out, feel your tummy get flatter, pushing all the air out. Repeat this a few times
- Notice that your roots are deeply planted, pay attention to your body that is the trunk of the tree. Does it feel strong and solid? What happens if you imagine some wind right now? When the wind comes, does your body feel strong?
- If you feel like the wind can still push your body around, then add a bigger root system to your feet. Imagine that you have many roots holding you firm to the ground. Feel how great it feels to be strongly connected to the earth, how strong your body feels.
- Take a few more deep breaths.
- When you are ready you can open your eyes.

## Empty the Mind Bucket

We are going to take a moment to clean out all of the thoughts that you don't want from the day.



- Close your eyes and take a few deep breaths
- Imagine that in your mind you have a lot of empty buckets. They can be any colour or shape you like
- Imagine that you can fill each bucket with a thought about something you no longer want to think about. Visualize dropping these unwanted thoughts, events, or memories into each bucket.
- Once you have filled each bucket, begin to see the buckets empty. Maybe you carry them to the ocean and dump them into the big waves to wash away. Maybe you take them to a giant shower to wash them down the drain. Any way you would like, empty out your buckets.
- Begin to feel calm and peaceful as your mind quiets, and empties of all of the unwanted thoughts of the day.
- Feeling that your mind is now clean, calm, and ready to learn... open your eyes when you are ready.

## Anchors Away

Right now you get to become the captain of your energy ship. Even if your energy is really high, scattered, and all over the place, this will help you to calm your body.

First, stand tall, like on the deck of your ship. Get ready to drop your anchor. Close your eyes and take a deep breath in, really feel the breath entering through your nose and exiting through your mouth. Breathe in, let your tummy fill up like a balloon. Breathe out, let your tummy go flat like a pancake.



Now imagine that you are holding a rope with an anchor on the end. Now drop that anchor right behind you, deep into the earth. As it drops, imagine that it is connecting you to the ground below you, securely, safely anchoring your energy right where you stand. Feel your feet solidly connecting with the ground beneath you.

See if you can imagine this anchor, sending it even deeper down, dropping deep down, even further, as far as you can. Drop it deep into the center of the Earth, like an anchor dropping deep into the ocean.

Now notice how you feel in your body as your energy is calm, quietly connecting deeply within the Earth. You can imagine your energy calming, feeling connected, centered, balanced. Good! When you feel that your anchor is down as far as it will go right now. Take a couple of more deep breaths in and let them out. Really feel the solid, calm weight of your feet on the ground. Excellent!

Slowly begin to bring your attention back to the room around you. You can open your eyes when you are ready.

## Relaxation: Detecting Tension

In comic world, Batman is also known as the world's greatest detective. Today we are going to relax like Batman. We will go on a search inside your body for tension and then un-tense it.

To relax like Batman, you will need to learn the Batman deep breath. Stand up and take a deep breath in through your nose, feeling your tummy expand out like a balloon. Now, let the breath go out through your mouth, all the way, feeling your tummy relax down flat like a balloon letting go of air. Take a deep breath in through your nose, feeling your tummy expand. Now, let it out through your mouth, feeling your tummy collapse down flat.

Now, to get ready to be a detective like Batman, let's get our bodies ready to relax and our minds focused. Stand up tall. Take a deep breath in and stretch out your arms very far on either side of you, holding your bat cape out wide like you are getting ready to fly. Stretch, stretch, stretch. Good! Now, sit down and cross your legs, getting ready to focus your mind.



Batman can be very focused and quiet while he is doing detective work. It is necessary to have focused thoughts as we begin to look for tension. Our mission today is to find where tense places are in our bodies and to set that tension free by letting it go and un-tensing. Calm bodies and minds help us to activate our inner powers so that we can accomplish whatever we want.

Close your eyes and lie down on the floor. Begin by taking a Batman breath. Good. Now, paying close attention, see if there is any tension in your head and face. Does it feel tight anywhere? Let's un-tense your head and face. Allow your muscles to be soft and free. Excellent. Now, turn your attention to your shoulders. The shoulders often hide tension and hold tight. Let your muscles in your shoulders relax and let go, feeling like soft waves are gently moving through there. Nice. Next, check out your tummy. Does it feel tight or scrunched up? How does it feel? Take another Batman breath and let your tummy completely turn to mushy jelly, letting the tension melt away there. Awesome!! Finally, check your legs. How do they feel? Are there tense spots anywhere in your legs? Let your legs become totally floppy and let go of any tension in your legs, let your legs turn into heavy rocks resting on the floor. Great job!

Mission accomplished! You have calmed your body and focused your mind. You are a superhero detective of tension! Practice your Batman relaxation detective techniques often to know when you have tension in your body and when it is time un-tense your body and mind!!