RELAXATION ACTIVITIES

Turn out the lights and play the relaxations CD

1. Have students lie on the floor on their back.
2. Have them close their eyes and lay quiet.
3. Eyes either open or closed. Turn head to one side and hold for a count of 3. Return head to center and turn to the other side for a count of 3.
4. Make the letter T with arms and legs. Hold for a 3-5 count.
5. Make a long number one (hands above head-touching the floor, toes are pointed away from the body). Hold for a 3-5 count.
6. Make the letter X and reach each body part out as far as you can-hold for a 3-5 count.
7. Move from one letter to the other and try to extend each body part as far as you can.
8. Bring knees into the chest, try to hold hands in front of the knees and pull them in closer. Extend the legs out straight.
9. Open and close the mouth and the eyes.
10. Try to tighten everything-hold for a 3 count and then release.
11. Try to tighten various body parts in isolation, start with the feet, legs, chest and arms, face and head. Hold for a count of 2-3 and relax.
13. Lie on one side and then turn onto the other.
14. Wiggle fingers, toes, arms and legs and slowly sit up.