

RELAXATION TECHNIQUES/EXERCISES

Shoulder roll Breath

1. Take a deep breath in through your nose and relax your entire body.
2. Now roll your shoulders up to your ears as you inhale deeply for a count of 3.
3. Breathe out through your mouth and roll your shoulders down and back (as far away from your ears as you can get) as you exhale for a count of 4.
4. Repeat slowly in a continuous movement of shoulder rolls, while breathing in and out (Repeat 5 times).

Body Awareness

1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.
2. Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes 10 times. Spend a moment noticing the sensations in your feet.
3. Stomp your feet on the ground 10 times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
4. Clench your hands into fists, then release the tension. Repeat this 10 times.
5. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
6. Rub your palms together briskly. Notice and sound and the feeling of warmth.
7. Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.
8. Take 5 more deep breaths and notice the feeling of calm in your body.

Child's pose

1. Sit back on your heels with arms stretched out on the floor or next to your body, palms down and forehead touching the floor.
2. You can take your knees wide for a more comfortable position if you need to. Stay here for 5-10 breaths.

Mountain Breathing

1. This breath can be done sitting or standing.
2. Inhale through your nose and raise your arms high above your head.

3. Bring your palms together above the top of your head.
4. Imagine you are as tall as a mountain.
5. Ground your feet into the floor. Imagine your feet like roots, you are strong, sturdy and tall.
6. Exhale through your mouth and bring your palms together in front of your chest.
7. Repeat this sequence 5 times.

Body Clench

1. This relaxation exercise may make you look a bit constipated but give it a go!
2. Starting with your toes, go up through your body, gradually clenching each of your muscles right through to the tiny ones in your face, keep your whole body clenched (10 seconds) hold and then release to let go of all the tension.
3. Let go of the tension very slowly, one muscle at a time (start with toes again and move all the way up to your face).

Balloons (you can play this game with your family)

1. The aim of this game is to keep the balloon off the ground, but have them move slowly and gently.
2. You can tell them to pretend the balloon is very fragile if that helps.
3. No one is allowed to talk
4. You are not allowed to move from where you are standing.
5. Decide with the class teacher/family member what would be the best place to stand - as a group/as a family
6. Do this for 5 minutes without letting the balloon fall

Mindful Breathing

1. Sit up in a comfortable way. Close your eyes.
2. Notice your breathing as you inhale and exhale normally. Just pay attention to your breath as it goes in and out. Can you feel the place where the air tickles your nostrils?

3. Pay attention to how the breath gently moves your body. Can you notice your belly or your chest moving as you breathe?
4. Sit for a few minutes, just paying attention to your gentle breathing. See how relaxed you can feel just sitting, breathing in and out.
5. When your mind starts to wander and think about something else, gently guide your attention back to your breathing.

Square Breathing

1. Sit comfortably in a chair, with your feet on the floor and hands in your lap.
2. Inhale slowly through the nose for a count of four, allowing the air to fill your belly.
3. Hold the breath in for a count of four.
4. Exhale slowly through the mouth for a count of four.
5. As you breathe, visualize a healing blue or white light washing over your body. Finally, hold the breath for a count of four
6. Repeat the sequence for four minutes.

Chest and Shoulder stretch

1. Sit or stand and clasp your hands together behind your back, arms straight.
2. Lift your hands towards the ceiling, going only as high as is comfortable. You should feel a stretch in your shoulders and chest.
3. Hold for 15 to 30 seconds, repeating one to three times.

Seated Neck stretch

1. Reach the left arm down and away from the body as you drop the head to the right, stretching the neck.
2. Place the right hand on the head and gently press your head into the hand, then release and stretch.
3. Continue to contract the neck and press the head into the hand, then stretch for 10 reps then switch sides. Alternatively, you can simply drop your head to the side without assistance from your hands.